

CALGARY metro®

NEWS
WORTH
SHARING.

Be Career-Ready in Months!
**YOUR NEW CAREER
AS AN HCA
STARTS HERE.**

www.startyourcareer.ca

**ROBERTSON
COLLEGE**

(403) 920.0070

Realtors see an onslaught of buyers

Last month's record floods are driving up demand for homes as both displaced millionaires and former renters jump into the market

PAGE 3

Big names lined up for Alberta flood concert

Ticket sales. Proceeds will go toward the Calgary Foundation's Flood Rebuilding Fund

Tom Cochrane, Matthew Good, Ian Tyson and Randy Bachman will be among the artists performing next month in Calgary in support of relief for flood-ravaged southern Alberta.

Calgarian Jann Arden, who is also performing, announced the lineup Monday for the concert, which is scheduled for Aug. 15 at 6 p.m. at McMahon Stadium.

Other artists announced for the benefit concert include Colin James, Loverboy, Corb Lund, Johnny Reid, The Sadies and the Sheepdogs. The event will also be hosted by Canadian comedian and former star of Corner Gas Brent Butt.

Arden said she was moved to see how Albertan's came together in a time of crisis, and has something special planned for her performance.

"I'm having a bra specially made for this thing," she joked. "So my last number, there will be flames shooting out of my brassier, so look out for that."

Chair of Alberta Flood Aid Peter Jurisic said they were amazed by all the amazing Canadian talent they were able

More support

You'll need your cowboy boots

Don't put those cowboy boots away just yet.

On Aug. 4, the Halo High Water Benefit Concert and Telethon to support flood victims in southern Alberta, will take the stage at the South Jubilee Auditorium, featuring some of Canada's best in country music.

One of the featured performers is High River resident George Canyon, who has been helping out with relief efforts since the end of June.

"Now it is time to engage the rest of the country," said Canyon.

"This is their opportunity to help, because it's frustrating to sit back and not be able to do anything."

Artists performing at the concert include, Susan Aglukark, Paul Brandt, Dean Brody, Jim Cuddy, Carolyn Dawn Johnson, Brett Kissel, and a variety of hosts and traditional First Nations talent.

The concert will be televised on CBC TV and Radio and APTN.

Tickets will be on sale starting July 20 and information can be found at halohighwater.ca.

CANDICE WARD/FOR METRO

to book considering planning for the concert only began recently.

"There's a lot of home-grown talent, which I think is really, really important. It's a great lineup that's going to contribute very nicely to a great event."

Tickets range from \$30 to \$100 and will go on sale July 19 through Ticketmaster.

With about 30,000 tickets up for sale, Jurisic said there's

potential to raise a lot of money.

"If we sell out, we should have at least \$1 million, plus the sales of T-shirts and other merchandise and just straight out corporate donations," he said.

For more on the concert, visit abfloodaid.ca, follow @abfloodaid on Twitter or go to Facebook.com/ABFloodAidConcert.

KATIE TURNER/METRO



Canadian country music star and High River resident George Canyon, and Tom Jackson, executive producer and host of Halo High Water Benefit Concert, pose at the announcement of the multi-artist show on Monday at the Southern Jubilee Auditorium. The concert will take place Aug. 4.

CANDICE WARD/FOR METRO

MY NISSAN

MY CHOICE

SALES EVENT

HURRY OFFERS END JULY 31ST • FIND YOURS AT CHOOSENISSAN.CA OR YOUR LOCAL RETAILER

VISIT YOUR WESTERN NISSAN RETAILER TODAY OR CHOOSENISSAN.CA FOR DETAILS

NISSAN
Innovation that excites

SOUTH POINTE TOYOTA SCION

RATES AS LOW AS 1.9%

ROADSIDE ASSISTANCE AVAILABLE

7 DAY EXCHANGE ON TOYOTA CERTIFIED VEHICLES

LIFETIME** POWERTRAIN WARRANTY!

2008 TOYOTA YARIS HB

STOCK#
P360830



\$8,998* OR **\$63B/W***

2009 TOYOTA MATRIX

STOCK#
P201345A



\$12,998* OR **\$88B/W***

2010 TOYOTA COROLLA SPORT

STOCK#
P300898A



\$14,998* OR **\$89B/W***

2005 VOLVO XC70 AWD

STOCK#
P361062B



\$13,998*

2007 TOYOTA CAMRY SE

STOCK#
PU00270A



\$17,998* OR **\$147B/W***

2011 TOYOTA CAMRY LE V6

STOCK#
P1M0284S



\$22,998* OR **\$147B/W***

2012 TOYOTA RAV4 AWD

STOCK#
PU00231



\$26,998* OR **\$175B/W***

2011 TOYOTA 4RUNNER SR5

STOCK#
P300335A



\$32,998* OR **\$218B/W***

2011 TOYOTA TUNDRA DCAB SR5

STOCK#
P360461A



\$31,998* OR **\$209B/W***

2010 TOYOTA COROLLA CE

STOCK#
PU00240



\$15,998* OR **\$97B/W***

2011 TOYOTA VENZA V6 AWD

STOCK#
P300590A



\$29,998* OR **\$197B/W***

2008 HYUNDAI ELANTRA

STOCK#
P300576A



\$10,998* OR **\$82B/W***

2012 TOYOTA TUNDRA CREW MAX PLATINUM

STOCK#
P300301A



\$43,998* OR **\$296B/W***

2011 MITSUBISHI LANCER

STOCK#
P300652A



\$12,998* OR **\$76B/W***

2010 TOYOTA 4RUNNER SR5

STOCK#
P300336A



\$32,998* OR **\$218B/W***

2011 TOYOTA SIENNA CE

STOCK#
P360724A



\$22,998* OR **\$147B/W***

2005 TOYOTA MATRIX

STOCK#
PU00250A



\$10,998*

2010 TOYOTA RAV4 AWD SP

STOCK#
S300035B



\$23,998* OR **\$154B/W***

2011 FORD FOCUS

STOCK#
P360517B



\$10,998* OR **\$63B/W***

2013 TOYOTA SIENNA LE AWD

STOCK#
P300327A



\$35,998* OR **\$239B/W***

2009 FORD F350 CREW 4X4

STOCK#
P360818A



\$23,998* OR **\$175B/W***

2012 TOYOTA RAV4 AWD TOURING

STOCK#
P360864A



\$29,998* OR **\$197B/W***

2003 KIA RIO

STOCK#
P201653B



\$5,998*

2008 HONDA ACCORD CPE

STOCK#
P300146A



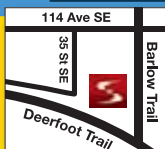
\$13,998* OR **\$134B/W***

2007 INFINITI FX35

STOCK#
PU00251B



\$17,998* OR **\$ B/W***



**SOUTH POINTE
TOYOTA SCION**

403.567.8888
11500 - 35 STREET S.E.
BARLOW TR. & DEERFOOT TR. S.E.

southpointetoyota.com

*FINANCING O.A.C. BASED ON BANK FINANCING FOR MAX TERM WITH \$3,000 DOWN AT 6.99%. PRICES ARE PLUS ADMINISTRATION FEE OF \$495 PLUS \$6.25 AMVIC LEVY PLUS GST ONLY.
**POWER TRAIN WARRANTY ONLY AT SOUTHPOINTE TOYOTA 50% LABOUR COST ON PARTS. CERTAIN CONDITIONS APPLY SEE DEALER FOR COMPLETE DETAILS. * All B/W are based on \$3000 down.

Housing

Floods driving real estate rush

Last month's record floods are driving up demand for homes as both displaced millionaires from posh neighbourhoods that were flooded and former renters jump into the market, Calgary realtors say.

"What I've been seeing is a crazy amount of activity, as far as buyers go," said Thomas Keeper of Tink International Real Estate.

Wealthy neighbourhoods along the Elbow River were among the areas hardest hit by the flooding, prompting some homeowners, whose properties will take at least several months to repair, to buy homes elsewhere in the meantime.

As a result, multimillion-dollar homes that would ordinarily take a year to sell are being snapped up for about 10 per cent more than they normally would within a matter of weeks, Keeper said.

And Keeper said that's had a ripple effect throughout the city, as buyers have been forced to look further afield to find properties in their price range.

Although the values of homes in flood-hit areas will likely drop, Keeper said he expects prices across the city to rise and stay high for the foreseeable future.

Ann-Marie Lurie, chief economist at the Calgary Real Estate Board, said whether home values in flooded areas drop may depend on whether the city builds berms or dikes to keep the water out next time rivers spill their banks.

"In a lot of those centres when they have done this type of work, valuation has fully recovered," she said.

THE CANADIAN PRESS



Martin Tornberg, peace officer with Calgary animal and bylaw services, is seen with the Noise Snare during its launch in Calgary last year. The Noise Snare's creator has severed ties with the city, taking issue with practices deemed "incompatible" with the device. METRO FILE

Noise Snare maker pulling device from the streets

Frustration. Developer claims city ignored his concerns for two years

Claiming his reputation is being dragged through the mud, the creator of the contentious Noise Snare device is pulling it from Calgary streets.

Edmonton's Mark Nesdoly said other municipalities have now shown an interest in his creation, but many are adopting "incompatible" practices used by Calgary bylaw officers

that led to only one ticket being issued during the device's first run last year.

The primary issue, according to Nesdoly, is the "hard limit" set out in city bylaws that sees a ticket issued to any motorist who surpasses a 96-decibel noise threshold. He said the snare only functions properly when it measures the distance from the vehicle against the noise it's generating.

"We all know any vehicle that is closer is going to make a louder noise," Nesdoly said Monday evening, just minutes

Deadline

According to Noise Snare creator Mark Nesdoly, the device will be pulled from Calgary streets 60 days from June 19, the day he actually terminated an agreement with the city.

after announcing his intentions in a news release. "I have been waiting two years to fix this.... I'm tired of biting my tongue."

City bylaw officers were

not immediately available for comment Monday evening and would respond Tuesday, a spokesperson said.

Ald. Andre Chabot, who's long been critical of the way the Noise Snare has been deployed, said he wasn't surprised by the decision, adding he thinks changing the bylaw to the hard limit has worsened the situation.

"Bylaw used to be able to issue a ticket if your vehicle made explosive noise.... Now if you don't hit these numbers, you're innocent," Chabot said.

JEREMY NOLAIS/METRO

1 NEWS

AUTOLOAN**CALGARY**.CA

CALL 1.888.448.6037

OR TEXT 403.816.6141

RING-A-LING ASK FOR RAYMOND
FOR FREE CONSULTATION!

LOWEST MONTHLY PAYMENTS AROUND
INSTANT APPROVALS!

EMAIL RLING@RENFREWCHRYSLER.NET

APPLY ONLINE TODAY!
FAST, SIMPLE & SECURE



1920 Bow Trail SW
AT THE PUMPHOUSE EXIT



Old science centre to house recovering addicts temporarily

Alpha House. Support centre suffered damage in last month's flooding

Accommodations

120

The planetarium will maintain Alpha House's typical nightly accommodation for up to 120 clients.

Dozens of clients attempting to overcome drug and alcohol addiction are being moved temporarily to Calgary's old science centre while crews work to repair flood damage at their regular treatment site.

As waters surged into the downtown core on June 20, significant damage was seen at Alpha House, at 203-15th Ave. S.E. While the facility's structural integrity remains, it will take at least three months to repair it, executive director Kathy Christiansen says.

"It could be six months — we're hoping it will be sooner than that," she said.

But on Monday some temporary relief came as the Alberta government and City of Calgary announced they've come to terms on a temporary

lease to use the vacant planetarium, formerly known as the Telus World of Science, at 701-11th St. S.W.

The site will provide a more stable location for clients, who were bounced first to the Village Square Leisure Centre and then to Max Bell Centre, Christiansen said.

Buzz had been swirling that the centre, vacated in July 2011 when staff and exhibits moved to the new Telus Spark site, would be transformed into an arts facility of some type.

However, the city said Monday it's still considering expressions of interest from non-profit groups and doesn't anticipate reopening the site until next year. **JEREMY NOLAIS/METRO**



The former Telus World of Science, seen here, will serve as a temporary shelter of addiction-support centre Alpha House. **METRO FILE**

Little Hippies aims to bring yoga to youngsters



Jenna Galloway, founder of Little Hippies. **KATIE TURNER/METRO**

A couple of Calgary yogis are hoping to bring the peace and practice of the yoga mat to youngsters.

Little Hippies is a non-profit organization aimed at teaching yoga to kids between the ages of three and 15, and the proceeds from those classes will be directed toward free yoga classes for youth with physical or mental disabilities, or low-income kids, founder Jenna Galloway says.

"We're a kids-helping-kids concept," she said.

The idea for Little Hippies was born after Galloway said she discovered yoga helped her deal with depression.

"I was struggling with a few things. Yoga was my staple through that," she said. "I just think giving (kids) a community environment to stretch their bodies and relax, these techniques will be very helpful with their development."

Shake a leg

Little Hippies will host a launch party in Olympic Plaza on Aug. 16. For details, visit [Facebook.com/LittleHippiesYYC](https://www.facebook.com/LittleHippiesYYC).

Certified yoga instructors will volunteer with classes from July 22 at Rejuve Yoga Studio for a cost of \$15. Galloway

said they hope to start the free classes some time in August.

Through their website, co-founder Ariffa Lalani said they'll also offer nutritional tips for parents and hope to teach kids health at an early age.

"We want to give them a platform to develop an all-around healthy life," Lalani said.

For a full schedule or to donate, visit littlehippiesfoundation.org. **KATIE TURNER/METRO**

«(WIRELESSWAVE)»

ASKING OUR EXPERTS IS FREE. YOUR PHONE COULD BE TOO.

Upgrade to the latest super phones for as low as \$0*










* Limited time offer. See in-store for details. Subject to change without notice. Products may not be as shown. The HTC logo, the HTC quietly brilliant logo and HTC One are the trademarks of HTC Corporation. ©2013 HTC Corporation. All right reserved. © 2013 Samsung Electronics Canada, Inc. Samsung, Samsung Galaxy S4™, and Pursue your passions are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. "LG", the "LG logo" and "LG Nexus 4" are the property of LG Electronics and its affiliates. © 2013 LG Electronics. All rights reserved. Screen images simulated. Google, Nexus and Android are trademarks of Google, Inc. ©2013. Other company and product names mentioned herein may be trademarks of their respective owners. *Rogers and Mobius Design are trademarks of Rogers Communications, Inc. Used under license. © 2013 Rogers Wireless. *Fido & design are trademarks of Fido Solutions Inc. ©2013 Fido Solutions Inc. The VIRGIN trademark and family of associated marks used by Virgin Mobile Canada are trademarks of Virgin Enterprises Ltd. and used under license by Virgin Mobile.



Vern Kimball, CEO of the Calgary Stampede, left, and Bob Thompson, president and chairman of the board, speak to the media about the 101st Calgary Stampede, which wrapped up on Sunday. CANDICE WARD/FOR METRO

Stampede a huge success: CEO

Turnstiles. More than 1 million people visited annual rodeo

CANDICE WARD

calgary@metronews.ca

The 101st edition of the Greatest Outdoor Show on Earth was truly Calgary's Stampede.

"This was a little bit like when your mother-in-law is coming over and your kind of

push everything under the bed, hope that she does not go in the bedroom. It was that kind of Stampede," CEO Vern Kimball said.

More than 1.1 million visitors walked through the gates and half the rodeo and evening show performances sold out.

And with this Stampede being about the community working together, there was no better way to unite than under the slogan "Hell or High Water."

T-shirts bearing that same slogan raised \$2.1 million for the Canadian Red Cross Alberta Flood Fund.

"This was an unprecedented fundraising campaign for the Calgary Stampede," Kimball said. "It is truly overwhelming."

He said more than 150,000 shirts were sold, and noted they are still available online until Friday.

Kimball could not give the cost for reconstruction of the flooded grounds before the 10-

day show began, but said he's expecting a large tab. "It will be substantial. It was a massive effort."

Cleanup efforts are continuing. The Big Four lower level and Stampede Headquarters are still in need of repair.

Online

For more local and national news, go to metronews.ca.



Earn 500 Bonus AIR MILES[®] reward miles.

Make the BMOst of summer.



No annual fee.

Visit a branch or bmo.com/get500 for details.

BMO Bank of Montreal
Making money make sense[®]

Terms and conditions apply. [®]Registered trademark of Bank of Montreal. [®]Registered trademark of MasterCard International Incorporated. [®]Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Bank of Montreal.

Zoo welcomes first penguin chick

The Calgary Zoo announced the successful hatching of its first gentoo penguin chick since the opening of the Penguin Plunge last year.

The egg was laid on May 31 by two-year-old Giselle. It hatched just after 1 p.m. on July 7.

"This is such a wonderful announcement to be able to make in the face of current challenges the zoo is dealing with from the flood," said Malu Celli, curator of the Penguin Plunge. "It shows the resiliency of na-



The gentoo penguin chick pecked its way through its shell on July 7. CONTRIBUTED/CALGARY ZOO

ture and that life continues in spite of those difficulties."

New parents Giselle and

18-year-old gentoo Lachlan were single birds when they arrived at the zoo more than a year ago, but they paired over the winter. Zoo staff have been monitoring all three penguins since the chick hatched.

Damage at the zoo has been pegged at \$50 million, with another \$10 million in lost revenue. Almost 290 seasonal and permanent staff have been laid off.

It's expected to take five months before the zoo can reopen fully.

METRO

\$1.2M in drugs seized

Suspected drug ring busted

Eight Calgarians are facing charges after a joint investigation netted more than \$1 million in drugs and drug paraphernalia.

The Calgary Combined Forces Special Enforcement Unit executed search warrants at six Calgary homes since last September, with the most recent on July 4 of this year.

The drugs, which have an estimated street value of

\$1.2 million, include: Eight kilograms of cocaine, 640 grams of methamphetamine, Oxycodone, marijuana, GHB, MDMA, ecstasy and steroids. More than 34,000 prescription pills and more than \$96,000 in cash were also seized.

Facing charges are: Seth Micah Westergard, 32; Christopher Lloyd Greene, 31; Joshua Patrick Feagan, 27; Jessica Catherine Marshall, 28; Kamila Ravshanovna Baikova, 22; Jesse Carl Baker, 29; Melissa Sue Shenfield, 28; and Ashley Aaron Cuthbert Mawdsley, 31. **METRO**

Harley Hotchkiss

Garden named for late Flames owner

The Calgary Courts Centre urban park has a new name: The Harley Hotchkiss Gardens, in honour of his work in the community. "Harley loved Calgary, he loved Alberta and he loved his gardens," said his wife, Rebecca Hotchkiss. "He would be truly honoured and humbled to have this downtown garden named for him." Hotchkiss died in 2011, at the age of 83. **METRO**

Labelling concerns

'Broad spectrum' sunscreen carries broad definition

Some may think "broad spectrum" sunscreen protects from those rays, but Canadian labelling hasn't caught up with the U.S. Health Canada is looking at matching a 2012 U.S. law requiring UVA protection in such products. **GRAHAM LANKTREE/METRO IN OTTAWA**

Manitoba flood

Evacuees' hotel to close after owner says cash denied

A Manitoba hotel is being forced to close and evict dozens of 2011 flood evacuees over \$3 million in unpaid bills. An association of native firefighters has been given millions to care for evacuees, but the hotel owner said the group hasn't paid him since he accused it of squandering money.

THE CANADIAN PRESS

And the lawsuits begin

Lac-Mégantic disaster. Mourner, café owner set for first class-action

A motion to file a class-action lawsuit has been registered by two Lac-Mégantic residents in the opening volley of what could be a years-long, multimillion-dollar legal battle.

It comes just over a week after a deadly train derailment that has already prompted various investigations, including a criminal probe.

The motion was filed Monday by two men who want to sue the owners of the train that killed an estimated 50 people.

One of them is Yannick Gagne, who owned the Musi-Café bar where many people died in the tragedy; the other is Guy Ouellet, whose partner of five years, Diane Bizier, lost her life in the blaze. Three of Gagne's employees also died.

Even the lead lawyer on the case was affected by the blast, which destroyed his office.

The defendants are the

Montreal, Maine & Atlantic railway (MMA), company chairman Edward Burkhardt, president Robert Grindrod and train operator Tom Harding.

No financial sum was mentioned in court documents, but lawyers predict the case could involve more than \$10 million.

The suit seeks damages for people who lost loved ones, for those who were injured and for property and business losses.

Barely a week after the tragedy, law firms have swiftly lined up to get a piece of the potentially lucrative action.

Lawsuits could be filed in Quebec, Maine — the headquarters of MMA — or even Illinois, where the company's parent company is located.

One Chicago firm that specializes in transportation disasters says plaintiffs could stand to gain millions by taking the company to court in the U.S.

"I think the best way to phrase it is that Illinois does not have limits on wrongful-death damages," said Bradley Cosgrove, a partner at Clifford Law Offices. **THE CANADIAN PRESS**



The motion comes just over a week after a train derailment and massive explosion left Lac-Mégantic's downtown in ruins, killing an estimated 50 people. **JACQUES BOISSINOT/THE CANADIAN PRESS**

Haligonians won't stand for Chris Brown concert

The promoter for an upcoming concert in Dartmouth, N.S., says he is "not ashamed" for naming Chris Brown as headliner, despite a recent backlash.

"Make no mistake about it, we are not condoning Chris Brown's past behaviour," Stephen Tobin, owner of Drop Entertainment Group, said of

the R&B singer, who assaulted girlfriend Rihanna in 2009.

"If somebody does not support the artist, they can show that dissatisfaction ... by simply not buying a ticket."

Some Haligonians voiced their disapproval on social media. Mayor Mike Savage and the Avalon Sexual Assault

Centre also stated Monday they were disappointed.

Since the announcement, Rogers and Molson Coors have both pulled their sponsorship.

"I think we're sending a message that if somebody makes a mistake, you will never be forgiven," Tobin said.

HALEY RYAN/METRO IN HALIFAX

Hosting a fund-rager

Unrest stirs in Winnipeg

Tobin said other markets have been "overwhelmingly

positive," but the woman behind a Winnipeg fundraiser for victims of domestic violence — purposefully set for the same night Chris Brown plays — is taking offence.

"Let's give our money to ... where it's really needed, instead of (in)to his hands, the hands that he uses to hit women," said Susie Parker.

SHANE GIBSON/METRO IN WINNIPEG

Your Time to Fly Sale.*

Save on flights to select Canadian destinations as well as flights and vacation packages to select U.S., Mexico and Caribbean destinations.

Book by: July 18, 2013 (11:59 p.m. MT)*
Travel from: September 4 – October 26, 2013
Blackout dates: October 10 – 15, 2013

How to get this deal: For Canadian and U.S. destinations, travel on Tuesdays, Wednesdays, Thursdays and Saturdays. For Mexico and Caribbean destinations, travel on any day of the week where WestJet offers scheduled service.

Book your flights or vacation package now at **westjet.com**, or call your travel agent.

WESTJET

*Seasonal start and end dates apply and are indicated in the booking flow. Book by July 18, 2013 (11:59 p.m. MT) for travel from September 4 to October 26, 2013. Blackout dates from October 10 to 15, 2013. For Canadian and U.S. destinations, travel on Tuesdays, Wednesdays, Thursdays and Saturdays. For Mexico and Caribbean destinations, travel on any day of the week where WestJet offers scheduled service. Fares and package prices on other days may be higher. Flights may not operate on certain days. Seat sale fares are discounted from WestJet's lowest regular fare, apply only to flights marketed and operated wholly by WestJet, and are not applicable when travelling with our codeshare, interline or other airline partners. Sale vacation packages are discounted by a reduction in the price of the air component of the package. For flights, fuel surcharge between \$22-\$45 per direction still applies to Air Miles™ redemption bookings. For vacation packages, fuel surcharge between \$44-\$90 round-trip still applies to Air Miles™ redemption bookings. Advance purchase required. Seats at these fares are limited and may not be available on all flights. Offer limited and subject to availability. New bookings only. Non-refundable. Other restrictions may apply. See westjet.com for full seat sale details.



THANK YOU.

We are proud to have our learning community back together after one of the worst natural disasters in Southern Alberta's history.

This is an extraordinary time for all of us. To those who have lost so much, our thoughts are with you and your families.

The flood had a profound effect on our College infrastructure and community. Our High River Campus was completely surrounded by water. Our campuses in Banff and Canmore were completely cut off from important transportation networks. Two of our campuses in downtown Calgary took on water. All were without critical information technology systems and communication networks.

We were overwhelmed by the acts of kindness that so many extended to us as soon as the floods reached our campuses.

Companies and individuals arrived at our door with flood supplies and committed so much to our recovery. Our provincial government and Campus Alberta partners reached out to us with offers of space, resources, and support. The media helped us reach our learners, staff, and stakeholders and partners throughout our suspension of operations.

Our own staff rallied to coordinate the return of our campuses, information technology and learning systems, and

communication channels to normal operations. So many committed long hours of work, including overnights and weekends, and interrupted booked vacations and special occasions to help get our learners learning again.

Our hearts are filled with gratitude for all the work and acts of kindness extended by our partners and teams of staff who worked all hours to ensure our College's recovery from this disaster.

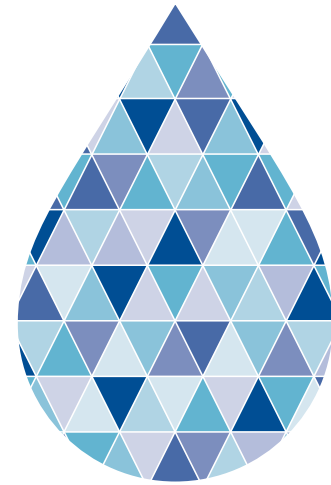
We'd also like to thank our learners and clients for their patience, understanding, and support as we moved to stabilize and resume operations.

To every person who contributed to the planning, recovery, and reopening of our College sites, believe me, we noticed and appreciated it. Our timely recovery would not have been possible without your hard work and support. Together we are #BVCstrong.

Thank you,



Sharon Carry, President and CEO
Bow Valley College



WITH SPECIAL THANKS TO:

Government of Canada
Government of Alberta
City of Calgary
Stuart Olson Dominion Construction
Arcturus
Mount Royal University
and Campus Alberta partners
Paladin Services
ENMAX
Canem Electrical
Arpi's
Stantec
OnX Enterprise Solutions
Mainland Information Systems
Graycon Group Ltd.
Service Master
Sodexo
Trico Homes
The Calgary Foundation
Trinity Place Foundation of Alberta
YWCA of Calgary
Mawer Investment Group
Dundee Management
Kitteringham Security
Ynot Digital



BOW VALLEY
C O L L E G E

Nude photos. Court rules probe could cause judge 'irreparable harm'

A Federal Court justice has ruled that a disciplinary hearing into the conduct of a Manitoba judge whose nude photos ended up on the Internet could cause "irreparable harm" unless it is put on hold.

The Canadian Judicial Council hearing into Queen's Bench Justice Lori Douglas has dragged on for three years and was supposed to resume this summer.

Justice Judith Snider said salacious details about the case could arise at the inquiry and damage the judge's reputation unless the hearing is put on hold pending a judicial review. The review is to determine whether the council's panel of five judges is biased against Douglas.

The inquiry, which has been mired in procedural delays and court challenges, is also supposed to examine whether Douglas failed to disclose the matter when she was appointed a judge in 2005 and whether the very existence of the photos should dis-

Background

The saga began three years ago when Alex Chapman filed a complaint with the council accusing Lori Douglas of sexual harassment.

- Chapman alleged the Manitoba judge's husband, Winnipeg lawyer Jack King, sent him nude photos of his wife and wanted Chapman to have sex with her.
- King was representing Chapman in a divorce case at the time. Chapman complained to King's law firm and King settled the matter within weeks by paying Chapman \$25,000 to return all the photos and to never discuss the matter.

qualify her from continuing as a judge.

THE CANADIAN PRESS



Putin in deep but not troubled waters

Russian President Vladimir Putin submerges on board Sea Explorer 5 bathyscaphe off the island of Gogland, 180 kilometres west of St. Petersburg, Russia, Monday. Putin's latest media event was modest by the stunt-happy Russian leader's standards, a half-hour trip to the bottom of the Gulf of Finland to see a shipwreck. Putin rode the small submersible craft 60 metres down to see the remains of the naval frigate Oleg, which sank in 1869, Russian news reports said. RIA-NOVOSTI, ALEXEI NIKOLSKY, PRESIDENTIAL PRESS SERVICE/THE ASSOCIATED PRESS

English Channel

Woman dies in charity swim

British officials say a British woman died Sunday evening while trying to swim the English Channel as part of a charity drive.

A Facebook page set up to promote her swim for a hospice and a diabetes charity said Susan Taylor, 34, collapsed in the water near the French coast and was airlifted to a French hospital where she died.

THE ASSOCIATED PRESS

Road rage in N.Y. minute

Slow drivers get under rabbi's skin

A New York rabbi, arrested for flashing a badge and ordering a woman driver to pull over, says he was angered by her slow driving. Other drivers allege that Rabbi Alfredo Borodowski has been doing the same thing for months. Investigations are underway in three incidents since April.

THE ASSOCIATED PRESS

Your next career opportunity
is just around the corner.

Search the most local jobs from Canada's top employers.

Looking for the best jobs in your neighbourhood? With more than 6,000 new job postings added every week, we can help you find an opportunity close to home. It's what makes Workopolis Canada's number one job site.

workopolis.com

#workopolis

WORKOPOLIS



"Number one job site" based on six-month average online job postings for period ending May 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

SUMMER HAULERS

FAMILY SIZED SUVs, TO MAKE YOUR ROAD TRIPS A BREEZE!



SEE ALL OUR SPECIALS AND SHOP THROUGH OUR ENTIRE INVENTORY ONLINE!

CMPAUTO.COM



CGR3029A



CGR6624A



A1938A

2013 CADILLAC
ESCALADE AWD

SALE: \$66,995* OR

LOW KMS! **\$229**
OVER 10 PRE-OWNED ESCALADES IN STOCK!*

/WEEK¹

2012 CHEVROLET
SUBURBAN LT AWD

SALE: \$32,995* OR

\$114
OVER 10 PRE-OWNED SUBURBANS IN STOCK!*

/WEEK¹

2012 GMC
YUKON SLT AWD

SALE: \$38,995* OR

LOW KMS! **\$135**
OVER 10 PRE-OWNED YUKONS IN STOCK!*

/WEEK¹

Goodwrench Service
EXPERT SERVICE AT COMPETITIVE PRICES.



SUMMER SERVICE SPECIALS

COOLANT SPECIAL
\$159.95

EMISSION SPECIAL
\$139.95

ALIGNMENT CHECK
\$49.95

✓ **CALL TO BOOK!**
403-930-1543

CMP **GM**
CHEVROLET Cadillac BUICK GMC

403-930-1634
CMPAUTO.COM
1313 36 St. NE, Calgary, AB T2A 6P9



BANKRUPTCY | DIVORCE | NO CREDIT
NEW CREDIT | NEW TO CANADA
100% APPROVAL RATING
403.207.1041
CALGARYAUTOFINANCING.COM



BEST
MANAGED
COMPANIES

AMVIC
LICENSED

**CERTIFIED
PRE-OWNED**

- Manufacturer's warranty
- 30 day/2500 km no-hassle exchange privilege
- 150+ point inspections
- 24-hour roadside assistance

1. PAYMENTS ARE O.A.C. @ 4.99% FOR 84 MONTHS. TAXES (GST) AND FEES (\$449 ADMINISTRATION & \$6.25 AMVIC) NOT INCLUDED. ERRORS AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN.



Kaizen
AUTOMOTIVE GROUP

PART OF THE KAIZEN AUTOMOTIVE GROUP | **KAIZENAUTO.COM**



**COUNTRY HILLS
HYUNDAI**

DRIVING HIGHER STANDARDS

NOW OPEN!

CELEBRATE WITH US.

Vehicles packed with features at the price you want.

HYUNDAI

30
—YEARS IN CANADA—

SALES EVENT

0% FINANCING FOR UP TO **96 MONTHS** OR GET UP TO **\$10,000** IN PRICE ADJUSTMENTS

ON SELECT MODELS

WE HAVE OVER 330 NEW AND 850 USED VEHICLES AVAILABLE!



CH097716

2012 BEST NEW SMALL CAR (UNDER \$21K)

2013 ACCENT 5 DR GL

AIR CONDITIONING, HEATED FRONT SEATS, HEATED DOOR MIRRORS, FRONT ACTIVE HEADRESTS, FRONT, SIDE & CURTAIN AIRBAGS, POWER WINDOWS & DOOR LOCKS, AM/FM/C/D/MP3/USB/POD® AUDIO SYSTEM WITH STEERING WHEEL AUDIO CONTROLS

HWY: 5.3L/100 KM CITY: 7.1L/100 KM

8 YEAR WARRANTY

OWN IT FOR **\$83** BI-WEEKLY WITH **0% FINANCING** FOR 96 MONTHS INCLUDES **\$200** IN PRICE ADJUSTMENTS **SELLING PRICE: \$17,144** NO MONEY DOWN



CH147998

2012 BEST NEW DESIGN & 2012 BEST NEW SPORTS PERFORMANCE CAR (UNDER \$50K)

2013 VELOSTER

AIR CONDITIONING, 7" TOUCHSCREEN MULTIMEDIA SYSTEM WITH REARVIEW CAMERA, REAR PARKING ASSIST, HEATED FRONT SEATS, 3RD DOOR FOR PASSENGER ACCESS, SIRIUS XM RADIO WITH BLUETOOTH HANDS FREE PHONE SYSTEM

HWY: 5.3L/100 KM CITY: 7.5L/100 KM

8 YEAR WARRANTY

OWN IT FOR **\$99** BI-WEEKLY WITH **0% FINANCING** FOR 96 MONTHS INCLUDES **\$600** IN PRICE ADJUSTMENTS **SELLING PRICE: \$20,594** NO MONEY DOWN



CH040081

2013 CANADIAN UTILITY VEHICLE OF THE YEAR

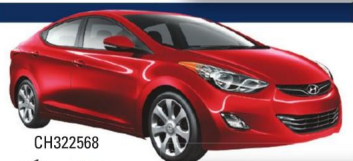
2013 SANTA FE 2.4L FWD

AIR CONDITIONING, 7 AIRBAGS, SIRIUS XM RADIO WITH BLUETOOTH HANDS FREE PHONE SYSTEM, VEHICLE STABILITY MANAGEMENT W/ESC & TRACTION CONTROL, HEATED FRONT SEATS, FOG LIGHTS, ACTIVE ECO SYSTEM

HWY: 6.7L/100 KM CITY: 10.1L/100 KM

8 YEAR WARRANTY

OWN IT FOR **\$145** BI-WEEKLY WITH **1.99% FINANCING** FOR 96 MONTHS INCLUDES **\$500** IN PRICE ADJUSTMENTS **SELLING PRICE: \$27,759** NO MONEY DOWN



CH322568

2012 CANADIAN AND NORTH AMERICAN CAR OF THE YEAR

2013 ELANTRA GL

6 AIRBAGS, AIR CONDITIONING, iPod®/USB/AUXILIARY INPUT JACKS, POWER WINDOWS & DOOR LOCKS, SIRIUS XM RADIO WITH BLUETOOTH HANDS FREE PHONE SYSTEM & STEERING WHEEL AUDIO CONTROLS, CRUISE CONTROL, HEATED FRONT SEATS

HWY: 5.2L/100 KM CITY: 7.1L/100 KM

8 YEAR WARRANTY

OWN IT FOR **\$92** BI-WEEKLY WITH **0% FINANCING** FOR 96 MONTHS INCLUDES **\$750** IN PRICE ADJUSTMENTS **SELLING PRICE: \$19,094** NO MONEY DOWN

CALL TO BOOK!
403-984-9697

\$29.95
OIL CHANGE
(AVAILABLE ON MOST MAKES AND MODELS)

INCLUDES
• ALIGNMENT INSPECTION
• TOUCH-LESS CAR WASH

Plus... **FREE CAR WASH**
WITH EVERY SERVICE!



**COUNTRY HILLS
HYUNDAI**

2307 Country Hills Blvd NE
Calgary, AB T3J 0R4

403-984-9696

CHHYUNDAI.COM

DELIVERY AND DESTINATION INCLUDED. TAXES (GST, \$20 TIRE & \$100 A/C) AND FEES (\$399 SECURITY, \$149.95 WHEEL LOCKS AND NITROGEN & \$6.25 AMVIC) NOT INCLUDED. BI-WEEKLY PAYMENTS ARE OAC. TAXES (GST) EXTRA. SEE DEALER FOR DETAILS. ERRORS AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN. COMMERCIAL VEHICLES EXEMPT FROM OIL CHANGE OFFER. OFFERS AVAILABLE FOR A LIMITED TIME, AND SUBJECT TO CHANGE WITHOUT NOTICE.



metro

10

metronews.ca
Tuesday, July 16, 2013

Tories do the shake and shuffle

Prime Minister Stephen Harper gave his cabinet its biggest shakeup since his Conservative government first came to power. Here's 3 things to know:

Half of new faces are women

Eight new faces joined the cabinet, including four women. Shelly Glover, a Manitoba MP, comes aboard as heritage minister; Alberta MP Michelle Rempel, pictured, has been named minister of state for western economic diversification; Ontario MP Kellie Leitch is taking on the labour portfolio; and Manitoba MP Candice Bergen was named minister of state for social development. "To the young women of this country, we can make it in #cdnpoli. Run for office," Rempel tweeted soon after her promotion was announced.

The money won't change hands

Finance Minister Jim Flaherty, Foreign Affairs Minister John Baird and International Trade Minister Ed Fast held on to their key economic portfolios. But a few high-profile ministers did change jobs: Peter MacKay — who flubbed the oath, and needed his glasses — is now the justice minister, and Rob Nicholson the defence minister; and Jason Kenney moved to human resources and skills development.

#shuffle13 is not a playlist

The news came out via Harper's official Twitter account in advance of a formal announcement about the cabinet shuffle. @JustinTrudeau also took to Twitter to voice his feelings on the cabinet shuffle: "The only Minister with any power in this Cabinet is the Prime Minister. Today's shuffle does nothing to change that." ... And now-former junior transport minister @stevenjfletcher voiced his disappointment: "I am Conservative. I am a traditionalist. I wish I left Cabinet in the traditional way — with a sex scandal!"



MacKay, left, Rempel and Flaherty

Mauritania

Canadian with alleged al-Qaida ties to be freed

A 24-year-old Canadian man is to be released from a Mauritanian jail after being sentenced to 18 months in prison and a \$2,000 fine for alleged ties to al-Qaida's North African branch, known as al-Qaida in the Islamic Maghreb, officials said.

The Mauritanian appeals court decided Sunday to free Canadian national Aaron Yoon, the same day as his sentencing, because he has already been imprisoned for the duration of his sentence, prosecutor Ahmed Ould Abdalla told The Associated Press.

"The court has decided to free the Canadian, Yoon, because he has already served his time. He will be expelled from Mauritania immediately," said Abdalla.

Yoon was first arrested in December of 2011.

THE ASSOCIATED PRESS

Thailand. School sorry for students' Hitler banner

Thailand's premier university has apologized for displaying a billboard that showed Adolf Hitler alongside Superman and other superheroes, saying Monday it was painted by ignorant students who didn't realize Hitler's image would offend anyone.

The huge billboard was placed outside the art faculty of Chulalongkorn University as part of a tribute to this year's graduating class.

It said "Congratulations" in bold white letters and showed Hitler with his arm raised in a Nazi salute next to Batman, Captain America, the Incredible Hulk and Iron Man.

"(We) would like to formally express our sincere apology for our students' 'Superhero mural,' art school dean Suppakorn Disatapundhu said in a statement issued Monday. "We are taking this matter very seriously." THE ASSOCIATED PRESS



A student poses in front of a superhero-themed banner that included Adolf Hitler at the Chulalongkorn University in Thailand. COURTESY SIMON WIESENTHAL CENTER



PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM

Pharmacy wars heat up with Shoppers deal

What, no Optimum Points? \$12.4-billion agreement raises stakes as Loblaw follows on the heels of Sobeys

Two of Canada's biggest retailers have struck an agreement to combine their operations,

with Loblaw Companies Ltd. buying Shoppers Drug Mart Corp. for \$12.4 billion in cash and stock.

The acquisition will keep Shoppers' brand name in place and allow it to operate as a separate division of Loblaw, the companies said on Monday.

But, it also raises questions about the next major deal in Canada's hotly pursued pharmacy retailer sector.

Change coming

"This transaction makes compelling financial sense. It establishes a truly innovative platform."

Galen Weston, executive chairman of Loblaw

Last month, fellow grocer

Sobeys picked up the Canadian assets of grocer Safeway for \$5.8 billion in a deal that included 199 in-store pharmacies.

"With today's transformational partnership between Loblaw and Shoppers Drug Mart, we are changing the retail landscape in Canada," Galen Weston, executive chairman of Loblaw, said Monday.

THE CANADIAN PRESS



Galen Weston, executive chairman of Loblaw, holds his son following a press conference in Toronto on Monday. MICHELLE SIU/THE CANADIAN PRESS

They're back, baby!

Twinkies' defence: Previous company downsized cakes

Twinkies are back, but they may be a bit smaller than you recall.

The boxes hitting shelves this week list each cake as weighing 38.5 grams, while photos of past boxes indicate the weight to have been 42.5 grams.

Hostess said that the size change was made in "mid-2012" by the predecessor company. THE ASSOCIATED PRESS

Market Minute

DOLLAR
96.02 (-0.17¢)

TSX
12,528.35 (+66.18)

OIL
\$106.32 US (+37¢)

GOLD
\$1,283.50 (+\$5.90)

Natural gas: \$3.67 US (+3¢)
Dow Jones: 15,484.26 (+19.96)

Asiana. Airline to sue TV station over use of racist fake names of pilots

Asiana announced Monday that it will sue a San Francisco TV station that it said damaged the airline's reputation by using bogus and racially offensive names for four pilots on a plane that crashed earlier this month in San Francisco.

An anchor for KTVU-TV read the names on the air Friday and then apologized after a break. The report was accompanied by a graphic with the phoney names listed alongside a photo of the burned-out plane that had crashed at San Francisco International Airport on July 6, killing three and injuring

Reputation

Asiana will not to sue the NTSB because it said it was the TV report that damaged the airline's reputation.

dozens.

Video of the report has spread widely across the Internet since it was broadcast.

The National Transportation Safety Board apologized, saying a summer intern erroneously confirmed the names of the flight crew. THE ASSOCIATED PRESS

Cooling off coming?

Home sales heat up in June: CREA

Home buyers extended a trend of increasing sales into its fourth consecutive month, according to the Canadian Real Estate Association as mortgage rates also crept up last month.

However, economists suggested Monday that the higher rates could help cool the market through

the second half of the year.

"Interestingly, the recent move up in five-year fixed rates ... might have actually stoked sales activity in June, with buyers making their move before their lower rate contracts expired," said Robert Kavcic, a senior economist at the Bank of Montreal.

"If so, that could set the stage for another cooling-off period this summer."

THE CANADIAN PRESS

Protect our environment.

Albertans recycled over 1.8 billion beverage containers last year – more than ever before. Let's continue to do something good for the environment, and make 2013 another record-breaking year.

DEPOT
It's Worth It

Find a depot at albertadepot.ca.

NOT ALL RIGHT TO WEAR WHITE

I've witnessed my fair share of wedding faux pas over the years — drunken speeches, lewd dance-floor moves, annoying iPhone ringers that erupt in the middle of the “I do.” But of all the questionable things I've seen, none of these blunders are as appallingly premeditated as when a woman who isn't the bride shows up to the wedding in a long white dress.

You don't have to be an Emily Post devotee to be familiar with this established piece of etiquette and yet, without fail, there always seems to be at least one guest at every wedding who has the audacity to arrive in her showiest, whitest evening gown. At the last wedding I attended, there were no fewer than three women wearing floor-length frocks in various shades of virginal white. Who are these women and what is running through their



SHE SAYS
Jessica Napier
metronews.ca

brains when they decide to slip into a dramatic dress for someone else's nuptials?

Having a bit too much to drink at the open bar might be frowned upon, but deliberately competing for attention with the bride is unforgivable. It's not just taboo, it's a calculated effort to draw attention to yourself and with every colour of the rainbow at your disposal, there's really no excuse.

I don't care how smoking hot you look or how well it shows off your tan — wearing head-to-toe white to someone else's wedding is a sign of disrespect and is bound to raise some eyebrows.

Yes, I know these events should be about two people showcasing their love and commitment to one another and they shouldn't really be about the outfits, but come on, ladies. There are plenty of occasions that demand a white dress code — croquet matches,

lawn-bowling competitions, cotillion balls — so save your colourless finery for another time.

Brides put months of work into their big day while most guests are simply expected to bring along an envelope of cash or a kitchen appliance in exchange for a meal. Given the amount of time and effort a bride puts into finding her ideal gown, it's not too much to ask that female guests opt for colourful cocktail dresses and let her be the only one in white.

There are extenuating circumstances, of course. Pippa Middleton's show-stealing white dress at her sister's wedding was the result of an old British superstition that advises bridesmaids wear white to ward off evil spirits. And I'm sure no one said no to Jay-Z and Beyoncé when the couple asked their guests to wear white to their wedding in 2008.

Otherwise, guests should assume that all shades of cream, ivory and eggshell are off-limits.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Baby watch is a royal bore



CHRIS JACKSON/GETTY IMAGES

It's a camp-out at St. Mary's Hospital

Members of the world media are seen taking a break outside the Lindo wing of St. Mary's Hospital as the U.K. prepares for the birth of the first child of the Duke and Duchess of Cambridge.

Some journalists have been set up outside the hospital since July 1 awaiting the birth of the third heir to the throne. **METRO WORLD NEWS**

Thirst for news grows

“When Di went into hospital the photographers set up their ladders, there were around 200 of them.... But that was only when she went into hospital.”

Ingrid Seward, editor of Majesty magazine and royal biographer, comparing this media frenzy to that during Prince William's birth. Another speculator, royal author Phil Dampier, said, “I've never known anything like it in my 28 years reporting on the royals.”

Twitter

Even before the palace announces the birth by bulletin and tweet, Twits were talking about it:

@piersmorgan: Things I'm very glad I've never had to do: “Royal baby watch”.

@rblandford: Royal baby still not released as it has not yet reached its target on Kickstarter.

@AshleyBoorman: Come on Kate! Push the baby out in the morning. Give me a bank holiday on my birthday #RoyalBaby

A disappointing day

July 13

The supposed due date — July 13 — has come and gone. Royal commentators are complaining that the lack of information coming from the palace has called everyone to panic stations. The palace only said that the date would be sometime this month. Given the media circus that has surrounded the royal baby from the beginning, including gifts of knitted kangaroos and a deluge of dead-end tidbits from unnamed and arguably non-existent “sources,” it is perhaps not so surprising that Britain's enthusiasm is beginning to flag.

Stories after the flood. One website collects and documents any tale

News worth sharing

In times of tragedy, hope is found in real heroes.

In the aftermath of last month's flooding, Calgary resident Jack Hope has done just that.

Hope started a website, Stories from the Flood, to document the outpouring of kindness people are showing one other across Alberta.

“I want to capture stories that might otherwise be missed or lost,” says Hope.

“The little acts of kindness, the funny happenstances and the anonymous gestures to strangers.”

So far, stories collected include a kitten rescued from an evacuated home, people who have given strangers places to sleep, and a family who made hundreds of bagged lunches for relief workers.

In the coming weeks, Hope plans to collect as many stories as possible to thank people “we can't say thank you to otherwise,” he says.

Visit storiesfromtheflood.ca

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children.

Twitter

A new study from Ohio State University says smokers cost employers \$3,000 a year per employee in lost productivity. @metropicks asked: Should it be docked from their pay?

@plussizepanda: of course it should. I don't leave my office ever half hour for 10 minutes at a time!

@AlanSimpson: Maybe something more proactive? Smoking cessation options, smoking on company time guidelines, etc...would all be more effective.

@blinner56: and what's worse is if you're a non-smoker you don't get as many breaks as a smoker does.

@BourbonShot: it is not law that you get a 15 min break every 4 hours, smoker or not? Abide by that. Boom, done. Next question.

@ksawka: it's an addiction right? What if we gave alcoholics paid breaks to sneak out back for a swig from the bottle?

@TP_TV: These are called work breaks whether ppl smoke drink coffee or take a walk they are entitled to them as employees

@Jonny_EP3: as a smoker, I take the 3 breaks I am provided by my employer, just like any other employee here.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

DVD reviews



Evil Dead

Director. Fede Alvarez

Stars. Jane Levy, Shiloh Fernandez, Lou Taylor Pucci

The really scary thing about Fede Alvarez's *Evil Dead* is its failure to shock. Are we now completely desensitized to movie horror? Arriving 32 years after Sam Raimi's *The Evil Dead* shotgunned cabin terror into indie legend, the social gulf between the two films couldn't be wider. The 1981 original parlayed geek savvy, improvised gross-out effects and inspired camera work (that swooping evil POV) into a splatterfest that appalled and delighted its Reagan-era audience. It was novel because it was so eager to go for broke. The remake misfires because it's content to play it safe, in the process losing more than just the "The" from the title. Granted, it has all the mutilation, decapitation, dismemberment, sawing, shooting, roasting, nailing, puking, burying, buzz-sawing and screaming you'd expect from an *Evil Dead* movie — and consider this fair warning for anyone not already versed in franchise lore. It's precisely because you expect all these things that *Evil Dead* inspires more tedium than terror. Extras include a director/commentary and making-of featurettes.

PETER HOWELL



Michael Cera, 25, stars in *Crystal Fairy*, where he plays a self-serving jerk. THE ASSOCIATED PRESS

No more Mr. Nice Guy

Crystal Fairy. Michael Cera's new character is a far cry from innocent little George Michael Bluth

MATT PRIGGIE

Metro World News in New York

Before discussing his new microbudgeted film, *Crystal Fairy*, Michael Cera gushes about the films of John Cassavetes. He cites *Opening Night*, starring Gena Rowlands as an unhinged stage actress, as his favourite. But he didn't come around to *Husbands* — the filmmaker/actor's seething look at three friends' joint bender — right away. "The first time I watched it I felt like

I was watching an acting class — actors flexing their muscles. But now I really love it."

That said, if Cera, now 25, wants to be taken more seriously as a thespian — or even shed his nice guy George Michael Bluth image — he's not being open about it. When asked about hunting for edgier fare — like *Crystal Fairy*, in which he's an Ugly American on a drug trip — his answer is quiet and modest. "I was just trying to find people to collaborate with who had similar sensibilities," he says. "It's one of the great things about being involved in this business, that you can meet people who are so talented, whose stuff you admire, who you can potentially work with."

After seeing *The Maid*, a hilariously neurotic Argentine dramedy about a grumpy

housekeeper, he reached out to its director, Sebastian Silva. The two wound up collaborating on two movies. When the first, *Magic Magic* about a woman's (Juno Temple) descent into madness, ran into budget problems, they ran off to make the tiny *Crystal Fairy* in 12 days. There wasn't a script, but there was a treatment. Everything was planned but the dialogue, which Silva would sometimes feed his actors — also including Gaby Hoffmann as the titular hippie — before takes.

Cera briefly played an abrasive cokehead version of himself in *This is the End*, but *Crystal Fairy* finds Cera as a jerk at feature length. "He's pretty self-serving," he explains. "He's incapable of putting himself in other people's shoes. He's so stuck in his head and his own

I like the cut of your jib

"I really like the way Michael looks. I'm really into how people look. His is such a versatile face. I feel it could be anything. I don't think I could ever work with, like, Ryan Gosling. Not that I don't like his acting, but I'm not intrigued by his looks."

agenda. In terms of playing him, though, it's so much fun. You'll pretend to be nice to someone when you're just manipulating them, or just be outright rude to them."

That's a different persona for him, and a different way of working. "We'd just run the camera and film the scene, so you could really immerse yourself in that feeling," Cera says.

ADMITTING YOU WANT TO WIN
PRIZES & GET GREAT DISCOUNTS
IS THE FIRST STEP.

JOIN CLUB METRO TODAY!
CLUBMETRO.COM



Adventure!
Teach English Overseas

- TESOL Certified in 5 Days
- In-Class or Online
- No Degree Required!

1.888.270.2941

Job Guaranteed!

Next in-class course: Aug 24th - 28th, 2013

Next Seminar: July 16th, 2013 @ 7pm

Travelodge University Hotel - 2227 Banff Trail NW

www.globaltesol.com



Making a film at the pace of a snail

Turbo. Canadian animator tread a long way from conceiving his idea of racing molluscs to getting it up on the big screen

RICHARD CROUSE

scene@metronews.ca

The Sheridan College-trained Dreamworks animator David Soren first hit on the concept of Turbo 10 years ago.

"It started as a lark," he says.

"There was a competition and I turned in the idea the night before the deadline. The Fast and the Furious with snails. That was it. It happened that it won the competition and Dreamworks bought the idea. Then it went nowhere for a long time."

While Soren worked on

other projects like Chicken Run, Shrek, Shark Tale and directed a trio of TV specials based on the Madagascar film franchise, the idea of an aspirational snail with dreams of speed stayed with him.

"My six-year-old boy, from birth, came with a love of cars and racing and all things fast," he says.

"I was not a car nut or a race fan growing up but it really got me thinking about the character in different terms and that freed me up to realize that a snail really is kind of a perfect underdog."

"Nobody expects anything of them. Their lives are filled with obstacles; nobody really knows what they do, other than being gross and pesky."

The next step was character design, no mean feat when your stars are 90 per cent shell.

"In the beginning the fact that all those things that you usually rely on, like arms and legs and eye-



David Soren, far right, attends the Turbo premiere in Barcelona with Turbo stars Michael Pena, Samuel L. Jackson, Snoop Lion and Ryan Reynolds. GETTY IMAGES

brows (were missing meant that) we had to get more creative about how to do it. I did drawings early on of these snails with arms and

it was creepy.

"It was just a matter of coming up with other viable ways for them to emote and move around."

Taking his kids to animated movies also gave him a real sense of what he wanted and, more importantly, didn't want, in Turbo.

Give Turbo a chance

"...A snail really is kind of a perfect underdog. Nobody expects anything of them, their lives are filled with obstacles..."

Turbo writer and animator David Soren

"I find myself growing impatient with animated movies that are just a bunch of gags," he says.

"I feel like I am just going to amuse or babysit my kid. And yet by the same virtue I think it is pointless to make an animated movie that doesn't have some appeal to children."

"It has made me want to see all sides of it a bit more and find the heart, find the human story in there — that universal thing that any audience member can connect with but not lose the kids either, because they're important."

COURT YARD HOUNDS

AMELITA

Court Yard Hounds' Emily Robison & Martie Maguire - from the **Dixie Chicks** - are at it again with their highly anticipated follow up album, **AMELITA** on July 16th.

11 new songs including title track, "**Amelita**", "**Phoebe**" & "**Sunshine**."

Available at
Walmart



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jenny's got a View, and I've got one too



THE WORD
Dorothy Robinson
scene@metronews.ca

I've written this column for a long, long, long time, covering celebrities who do stupid and irresponsible things. But there is no one more stupid and more irresponsible than known anti-vac personality Jenny McCarthy, who was just named the new co-host of The View on Monday morning.

"We are delighted that Jenny will be joining us as a permanent co-host on The View starting in September,"



Barbara Walters said in a statement. "Jenny brings us intelligence as well as warmth and humour. She can be serious and outrageous."

For her part, McCarthy said, "I'm beyond thrilled to be joining Barbara and the other amazing women at the table. I look forward to helping make hot topics a little bit hotter."

Are those hot topics whether or not you should vaccinate your children? McCarthy has claimed that vaccines cause autism to such mainstream news organiza-

tions as Larry King Live and Frontline, and has worked as a spokesperson for various, fringe anti-vaccination groups. There is absolutely no scientific evidence that vaccines — which keep our children from succumbing to terrible diseases — cause autism.

Her stance is extremely dangerous for the well-being of our children and society as a whole. It is my sincere hope that The View explicitly states in her contract that she is not allowed to spew her anti-science lies on broadcast television. My only hope is that maybe, just maybe, they're drastically changing the format of the show, and Walters and the other View girls will be contestants on a reloaded version of Singled Out.



Cory Monteith

Investigation into Glee star's death sped up

The investigation into the cause of death for Glee star Cory Monteith is being fast-tracked, Vancouver police confirm to TMZ. "Due to the intense public interest, the toxicology will be expedited," a police source says, explaining that the results should be announced in two or three days. The autopsy began Monday. Monteith was found dead in his room at the Fairmont Pacific Rim Hotel in Vancouver Saturday after missing his check-out time. He was alone and there were reportedly no signs of foul play.



Justin Bieber ALL PHOTOS GETTY IMAGES

The Bieber bus is coming, and everybody's clubbing

Justin Bieber has found an interesting way around his recent trouble with getting into nightclubs in the U.S. due to being under 21. After a gig in Indianapolis, Bieber had his tour bus pull up outside a local nightclub and just had his after-party on the curb, reportedly sending his security detail

into the venue to round up girls to bring back to the bus, according to Popcrush. Guards were seen escorting three women — two blonds and a brunette — onto the tour bus, where the blinds were drawn and the party continued. Bieber never stepped foot off the bus himself.

THE FINAL SOOKIE STACKHOUSE NOVEL HAS ARRIVED

Thirteen years, countless mysteries, and plenty of heartache later, the book fans have been waiting for ...

WIN A SOOKIE STACKHOUSE PRIZE PACK

Including **True Blood® Season 5 DVD**.

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

THE NEW SEASON OF **TRUE BLOOD** SUNDAYS AT 9:00 PM **HBO CANADA**

HBO Canada™ and its associated logos are service marks of Home Box Office, Inc. Used under license.



Get the Wolverine body

Fitness. This summer, Hugh Jackman reprises his role as self-healing mutant Logan in *The Wolverine*. His trainer, David Kingsbury, tells us how he went from skinny to superhero

ROMINA
MCGUINNESS
life@metronews.ca

Hugh Jackman and his personal trainer, David Kingsbury, started getting ready for *The Wolverine* halfway through working on *Les Misérables*, for which Jackman's character, Jean Valjean (a prisoner turned wealthy merchant), had to go from looking scrawny to robust within weeks.

"In the first section of *Les Miz*, Hugh had to be thin. But for the second section, he had to bulk up," Kingsbury tells Metro. "That was actually quite early on, and that gave us an extra couple of months of training dedicated to *The Wolverine*."

Initially, they worked on building up strength and size but in the final stages they had to trim him down.

"That year, Hugh's weight fluctuated by about (44 pounds). By the time shooting for *The Wolverine* began, he'd shed (15 pounds) and gotten his body fat down to six per cent."

Weights + cardio

Becoming Wolverine

required Jackman to train for a total of 11 hours a week. Monday to Friday, he and Kingsbury would do one hour of weights followed by one hour of cardio. On Saturdays, he'd do a one-hour interval session using a gym sled and on Sundays, he'd rest.

Jackman was put on a progressive overload weight-training plan to build up strength on basic lifts like the bench press, squat and deadlift. The point is to increase the weights by about five per cent every four weeks, so that they get progres-

sively heavier, adjusting the reps at the same time. "We'd always train early in the morning, so Hugh would drink a double espresso just before for a boost

in energy and have breakfast straight after he was done with the exercises. We worked both the upper and lower body, doing different movements each day, in order to allow the body to recover. We focused slightly more on increasing the size of his legs, just to make sure he maintained his balance," explains Kingsbury.

They combined weights with a mixture of interval training and steady

state cardio, such as fast-paced walking.

"It would either be low intensity or high intensity, nothing in-between, as the middle ground stuff is the worst for maintaining muscle."

The diet

Jackman's workouts were so intense that he had to eat around 5,000 calories a day for his body to keep up. His diet included lots of protein (eggs, fish, chicken),

vegetables (spinach, broccoli), carbs (oatmeal, brown rice, sweet potatoes) and fats (avocado, nuts, peanut butter, olives) but excluded all sugar, including fruit and alcohol.

"He ate protein every day, but to maximize results, we'd cycle his carbohydrates. On weight training days, his first three meals would be carb heavy and the last three would include lots of healthy fats. On non-weight training days (Saturday and Sunday) he would skip the carbs and just have healthy fats," says Kingsbury.

Wolverine in numbers

Age. 44

Weight. 198 pounds

Height. Six foot two

Body fat. Six per cent

Calories/day. 5,000

Total hours of workouts / week. 11

Body. 70 per cent diet and 30 per cent training

What Hugh Jackman ate to bulk up



Meal 1

A large bowl of oatmeal with cinnamon
Six scrambled eggs with ham and spinach
Two slices of rye bread toasted with peanut butter



Meal 2

Broccoli, a 10-ounce steak, one boiled sweet potato



Meal 3

Two grilled chicken breasts with lemon and herbs, brown rice
Spinach



Meal 4

Grilled salmon
Half an avocado
Broccoli

What Hugh Jackman ate to lose fat

Meal 1

Four poached eggs, smoked salmon, half avocado



Meal 2

Grilled chicken breast
Spinach, half avocado

Meal 3

Grilled chicken breast
One tbsp of hummus
Broccoli



Meal 4

Seven eggs (four whites, three whole) scrambled with lean ham, spinach

3
T
I
M
E

You say potato, I say cake

1. Heat oven to 180 C (350 F). Lightly grease a 33-by-23-cm (13-by-9-inch) baking pan and dust with cocoa powder. Remove excess cocoa powder and set aside.

2. In a bowl, whisk water into mashed potatoes until mixture is smooth.

Ingredients

- 250 ml (1 cup) mashed hot Yukon Gold potatoes
- 250 ml (1 cup) lukewarm water
- 150 ml (2/3 cup) butter, softened
- 500 ml (2 cups) brown sugar
- 5 ml (1 tsp) vanilla extract
- 4 eggs
- 500 ml (2 cups) all-purpose flour
- 175 ml (3/4 cup) cocoa, plus extra for dusting pan
- 11 ml (2 1/4 tsp) baking powder
- 2 ml (1/2 tsp) baking soda
- Pinch salt
- 175 ml (3/4 cup) semi-sweet chocolate chips
- Icing sugar or icing (optional)

Potato Chocolate Cake



This recipe serves 12 to 16. THE CANADIAN PRESS H/O

3. In a separate large bowl and using an electric mixer, beat butter, brown sugar and vanilla for 4 to 5 minutes until light.

4. Add 2 eggs and mix until blended, scraping down sides of bowl; add remaining eggs and potato mixture, and mix until blended.

5. In another bowl, sift flour, cocoa, baking powder, baking soda and salt; stir to combine.

6. At low speed, alternate adding sifted dry ingredients with potato mixture until incorporated. Fold in chocolate chips.

7. Place batter in prepared pan;

smooth out top. Bake for 30 minutes or until cake springs back when pressed lightly and begins to pull away from the sides of the pan.

8. Let cool in pan on a rack. Sift icing sugar over cake or spread with icing. THE CANADIAN PRESS/ PRINCE EDWARD ISLAND POTATO BOARD

Health Solutions

There's an app for that (quest)



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Entertaining season is here and you are sure to have one vegan, two vegetarians, a few gluten-free, a handful of no-carbs and perhaps a lactose-free or two over to mess with your menu.

How are you supposed to feed them all? Here's an appetizer cheat sheet that can be mixed and matched to serve every palate and pickiness.

The healthy and delicious process is simple: mix together equal parts mild mustard and yogurt (or vegan mayo) and store it in a squeeze bottle in the fridge up to two weeks. It is your "glue". Then choose one item from the savoury list as your

base, squeeze a drop of glue and top with one sweet item, et voila! It's a combo platter to suit each one of your fussy friends.

Smile pretty, now.

Savoury

- Cube of feta
- Cube of blue cheese
- Cube of cheddar
- Basil leaf
- Cube of cooked pancetta
- Zucchini Slice

Sweet

- Half a pitted date
- Pecan half
- Strawberry half
- Dollop of chutney
- Slice of apple
- Large caper or pickled onion

THERESA ALBERT
IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Bacon mayo: Game changer for salad

Bacon Mayo

1. In a large skillet over medium-high heat, fry the bacon until crisp. You likely will need to work in batches. As the bacon is fried, transfer it to a paper towel-lined plate. Pour the bacon fat from the pan into a 2-cup liquid measuring cup.

Ingredients

Bacon Mayonnaise

- 1 lb bacon
- Canola oil (if needed)
- 5 tbsp egg yolks (4 yolks)
- 3 tbsp water
- 1 1/2 tbsp Dijon mustard
- 1/4 tsp xanthan gum
- 1 1/2 tbsp lemon juice
- 2 1/2 tbsp white wine vinegar
- Salt, to taste

Salad

- 3 cups small fingerling potatoes
- 1 tbsp water
- 1/3 cup minced red onion
- 1/4 cup bacon mayonnaise
- 1 1/2 tbsp Dijon mustard
- Salt, to taste
- Bacon bits, to garnish (reserved from mayonnaise recipe)

Check the volume. If you don't have 1 1/3 cups, top it off with canola oil.

2. Use a rolling pin or meat mallet to crush enough of the bacon to make 1/2 cup of fine bacon bits. Reserve the additional bacon for use as garnish on the potato salad.

3. In a medium bowl, whisk together the egg yolks, water and mustard until smooth. While whisking, gradually pour the reserved bacon fat into the yolk mixture, whisking until fully emulsified. While continuing to whisk, slowly sprinkle in the xanthan gum. The gum will cause the sauce to thicken.

4. Mix in the 1/2 cup of bacon bits. Add the lemon juice, white wine vinegar and salt as needed to adjust the acidity and seasoning. Use the mayonnaise cold, but allow it to temper at room temperature for 10 minutes before serving.

Fingerling Potato Salad

1. Place the potatoes and water in a quart-size zip-close bag. Without sealing the bag, submerge it in a bowl of water almost to the opening. The water will squeeze out most of the air. Seal the bag.

2. Microwave on high until the potatoes are tender, about 4 minutes in an 1,100-watt microwave. Use care when removing the bag from the oven; the steam released as you open the bag can cause burns. Remove the potatoes from the bag and set aside to cool.

3. In bowl, stir together the onion, bacon mayonnaise and mustard. Once the potatoes have cooled, slice them into coins 1/2 to 1 inch thick. Stir the potatoes gently into the mayonnaise mixture until evenly coated. Season with salt, then garnish with crispy bacon bits. THE ASSOCIATED PRESS/ W. WAYT GIBBS EDITOR-IN-CHIEF OF THE COOKING LAB, THE CULINARY RESEARCH TEAM LED BY NATHAN MYHRVOLD

Win a Sony SBH20 Stereo Bluetooth Headset and a Sony SmartWatch!

Enter today at www.clubmetro.com

VISIT
club metro
.COM
TO ENTER



LUTHER COLLEGE FOCUSED ON STUDENTS

LEARN MORE WITH STUDENTSFIRST LIVE-IN PROGRAM

Get all the benefits of attending a large university, but the feel of a small, close-knit community at Luther College.

"Luther College is a great home base for students within the larger campus community," says Amy Hunter, recruitment manager, Luther College at the University of Regina.

"We work hard to get to know our students and give them the best support we can based on their individual needs."

Luther College at the University of Regina is a Federated College of the U of R. Any students who register through Luther College are both Luther College students and University of Regina students and are able to benefit from all the supports and services.

Luther College promotes a community environment, focused on the success of its students. To ensure this is possible,

Luther College offers a program called Studentsfirst, which helps students make a successful transition to university, supports them in their academic life during their university career, and assists them in bridging into a career or post-secondary graduate studies after university.

The Studentsfirst program begins with August Preview (Aug. 28-30), which is a two-day intensive, live-in program where students are fully immersed in university life and can learn to navigate lectures and assignments, connect with professors, and explore campus life.

Luther courses are U of R credit courses and open to all U of R students.

Experience Luther's small class sizes and dynamic professors who teach 60 different courses in many subject areas.

Informed by its Christian heritage of excellence in scholarship, freedom of inquiry, and faithful seeking of truth, Luther welcomes students of all faiths, creeds, sexual orientations and gender identities, ethnicities, beliefs, and backgrounds.

To learn more about Luther College, visit luthercollege.edu.



CONTRIBUTED

LEARNING CURVE

METRO CUSTOM PUBLISHING

HOP ON THE FAST TRACK

AT DIGITAL SCHOOL

Just because you missed the July start at Digital School doesn't mean you have to miss out completely.

Digital School offers a fast-track enrolment opportunity for people who missed the July start.

"We are enrolling new students for Aug. 12, meaning you don't have to wait until October for the next chance to start your Digital School diploma or certificate program," says Brady Sylvester, assistant manager, Digital School.

Digital School students can study to earn a degree in CAD in less than a year, with skills employers are looking for.

Computer-aided design courses include computer-aided drafter certificate, architectural CAD diploma, and engineering CAD technician diploma with process piping specialization, and a part-time online computer-aided drafter program.

Digital School is now offering building information modelling (BIM) training.

"At Digital School, we are deeply committed to ensuring our graduates are ready



JUPITERIMAGES/PHOTOS.COM/THINKSTOCK

for any environment they'll encounter, and we see BIM as an increasingly important part of the future of CAD," Sylvester says.

"It is fast becoming a standard worldwide."

For more information about Digital School and the fast-track enrolment opportunity, or to speak to an admissions adviser, visit digitalschool.ca.

ABM COLLEGE

GET JOB READY FAST!
Enroll Now.

Become a Medical Lab Asst. in less than 6 Months

Program starts on July 22, 2013

- ✓ We offer **Alberta Government** approved programs, that lead to a rewarding career
- ✓ Funding and employment services available
- ✓ Clinical Practicum included

403.719.4300
3516 26 Street NE, Calgary AB

info@abmcollege.com
www.abmcollege.com

Other Programs include:

**Health Care Aide • Medical Office Assistant • Pharmacy Assistant
Massage Therapy • Business Administration • Accounting & Payroll**

BOOT CAMP WILL GIVE YOU AN EDGE

AT ST. MARY'S UNIVERSITY COLLEGE

A new school can mean a new set of rules.

Although the thought of going off to university or college after high school might seem exciting or scary, students will need to find the right balance of work and play to ensure they are successful in their studies.

This year, new students at St. Mary's University College can take part in the first ever Student Boot Camp, designed to whip students into studying and test-taking shape, even before they step into their first class.

"The idea of this boot camp is to help students develop better study habits, test-taking skills, note taking and time management," says Brianna Hart, student recruitment officer at St. Mary's.

"These skills will give these students a bit of an edge before they start their semester."



ST. MARY'S UNIVERSITY COLLEGE PHOTO

Hart says this boot camp is really "how to survive the first year of university."

Making the transition into a post-secondary environment from high school can be challenging for any student, and this new boot camp is hoping to make that transition a smooth one.

Whether it is the social aspect of a new

school, or learning to juggle a different course load, students will spend the day working with St. Mary's staff to discover the skills needed to have a successful post-secondary career.

Students will learn about the resources available to them through the school and will be connected to the right people if

they need assistance during their time at St. Mary's. Students will also have a chance to get to other fellow first-year students, so relationships will be formed even before orientation the next day.

The Student Boot Camp takes place Sept. 3 from 9:30 a.m. to 2:30 p.m.

For more, visit stmu.ab.ca.

BECOME A HEALTH CARE AIDE IN LESS THAN 5 MONTHS!

A GREAT
SCHOOL
FOR A
REWARDING
CAREER!

11 CERTIFICATE PROGRAM INCLUDING

- Government of Alberta Health Care Aide
- St. Johns Ambulance
(First aid, CPR, Automated External Defibrillator)
- Supportive Pathways, Foot Care, Diabetes, Medication Administration, Food Safe, WHIMIS, Palliative Care
- 3 Clinical Placements (Hospital placements available)

"Thank you ABES for making my dream come true, for all the support and encouragement. I'm now working and enjoying my new career." - ABES HCA GRADUATE

**PLUS
REDUCED TUITION
FEES IN EFFECT!**

CALL TODAY 1.888.593.7025

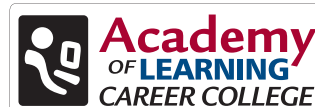
Abes
www.abes.ca

You want a **Brighter** future.
We're a **Career College!**



BUSINESS • HEALTHCARE • TECHNOLOGY

Call Us or Visit our Website



www.academyoflearning.ab.ca

CALGARY NORTH EAST
(403) 569-8973

CALGARY SOUTH
(403) 252-8973

RED DEER
(403) 347-6676



ISTOCKPHOTO/THINKSTOCK

REWARDING CAREER WAITING FOR YOU

Working in a medical lab can be both an exciting and rewarding career.

The medical lab assistant program at ABM College can help you train for a career in a little more than 25 weeks.

This program trains students to have precise technical and analytical skills, problem-solving and organizational skills and strong oral and written communication skills to work in the medical field.

Students will develop a proficiency in the collection of blood samples, per-

forming ECGs, the use of lab equipment, and knowledge in medical terminology.

After completing the 25 weeks of in-class training, students will take part in a clinical practicum, where they will receive the hands-on training only real world experience could give them.

"At ABM College, our students receive a quality education with hands-on training," says Dr. Mohammed Baten, president, ABM College of Health and Technology. "Not only is our program

recognized by employers, but our students are receiving well paid job offers from employers before they even graduate from their program."

Graduates can go on to work in a number of health-care related environments, such as public and private diagnostic testing labs, hospital labs, clinics, and public and private research institutes.

For more about ABM College, call 403-719-4300 or visit abmcollege.com.

GET YOUR FOOT IN THE HEALTH-CARE FIELD DOOR

ABES CAN HELP YOU

In a partnership with ABES (Alberta Business and Educational Services), Alberta Health Services, Alberta Human Services and the federal government, internationally trained health-care professionals can study to work in the Canadian medical system through the medical device reprocessing technicians (MDRT) program at ABES.

Students like Jin Li Liu, who was a

physician in China for nine years before coming to Canada, can work towards a career as a MDRT, surgical processor, and sterile processing technician.

"I really struggled with English barriers after I came to Canada," Liu says. "I was upset that I would not work in the medical field any more in Canada. Therefore, I lost the long-term goal in my life."

When Liu discovered the MDRT program at ABES, he was inspired to pursue his short-term and long-term goals in the

Canadian medical field.

As one of the only programs like this in Alberta, this course helps internationally educated immigrants get their foot in the door and back on their career path.

"As a result, I'm becoming more and more self-confident, motivated and happy," Liu says.

The program has a 97 per cent success rate since it began, with 87 per cent of graduates employed as MDRTs.

For more information, visit abes.ca.



ALBERTA BUSINESS AND EDUCATIONAL SERVICES PHOTO



Everybody's Discovering
We're Different and Proud of it.

Imagine the
Possibilities
Invest in
your Future

FREE courses for eligible
students to meet minimum
entrance requirements.

Grant Funding available for
students who qualify.



Private college offering accredited* and licensed programs:
Practical Nurse*, Health Care Aide, Dental Assistant*, Criminal
Justice, Business Management, and Human Services.

Other Programs: ESL, Upgrading, LINC, and Integrated Training.
Alberta Basic Security Training course also available.



802 Manning Road NE
Calgary, AB T2E 7N8

Call now: (403) 235-9300
www.columbia.ab.ca/m

THEY CAN'T

BUILD IT

UNTIL YOU

DESIGN IT

WHAT WILL YOU DESIGN
AS A COMPUTER AIDED DRAFTER GRADUATE?

NOW ACCEPTING
APPLICATIONS
FOR SUMMER TERM

CALL TODAY
1.877.414.0200

DIGITAL

School

YOUR BIM & CAD COLLEGE

#304, 10205-101 STREET, EDMONTON

digitalschool.ca

SECURE JOB PROSPECTS AT COLUMBIA

Security is an entry-level field in criminal justice industry and the Alberta Basic Security Training program can help you get started in this in-demand field.

"There is a high demand for people working in this industry from working as a security guard, loss prevention worker, alarm responder, executive protection (body guard), and dog patrol handler," says Laura Trettwer, program co-ordinator, Columbia College.

The Alberta Basic Security Training course is designed to prepare individuals to work in the area of security services by teaching the basics of the work, how to handle certain situations, and the powers they have within the course of their work.

Upon completing the training, a mandatory written exam is administered and a required passing grade of 80 per cent or better needs to be attained. If the person is not successful on their first attempt of



COLUMBIA COLLEGE PHOTO

the exam, rewrites are allowed.

"We have a number of employers that recruit directly from us, and come to the college to speak to our classroom trainees, as we are a neutral training provider in that we train the people, but don't employ them," Trettwer says.

Columbia College offers both classroom-based and online training for basic security training, as well as online training for the soon to be released professional investigator course.

For more, visit columbia.ab.ca.

NEW ONLINE LOOK FOR ACADEMY OF LEARNING

Academy of Learning Career College has a brand new online look.

Easier to use, with everything you need at just a click of a button, academyoflearning.ab.ca will make your search for the right program an easy one.

"We have put a lot of time and effort into making it more attractive, but more importantly, easier to navigate and use for people looking for information about career training in business and office, health care, accounting and payroll, information technology, legal, and more, including, of course, web design," says Andre Harris, design and technology manager, Academy of Learning Career College.

Prospective students can browse programs, request information, book a campus tour, and find all the student resources, such as funding, available to them.

There is no need to wait until September to begin your training since intake is continuous.

Academy of Learning is a business and



ISTOCKPHOTO/THINKSTOCK

career college that offers diplomas in a variety of programs in less than a year, in fields that are in demand for both individuals and employers.

Academy of Learning graduates boast a 97 per cent employment rate in areas for which they were trained.

For the best, most accurate information about Academy of Learning Career College campuses in Alberta, please visit academyoflearning.ab.ca.

St. Mary's University College is still admitting students. APPLY TODAY!



ST MARY'S
UNIVERSITY COLLEGE
CALGARY ALBERTA

Find out how
St. Mary's has been a
TOWER OF STRENGTH
for these students at:

stmu.ca/tower

14500 Bannister Road SE
Calgary, Alberta T2X 1Z4
Phone: (403) 531-9130



STOCKBYTE/THINKSTOCK

IT PAYS TO STUDY GRANT OPTIONS

With spiralling loans saddling students with ever greater levels of debt, it pays to spend time finding the free money and borrowing the rest on the best terms possible.

Sorcha Thomas, of Alberta's Department of Enterprise and Advanced Education, says there are hundreds of scholarships, awards and grants in the province. One of the most popular is the Alexander Rutherford High School Achievement Scholarship. It helps students who earn certain high school marks and is worth up to \$2,500. Thirteen thousand students collected it last year. A further 600 received benefits from a government-operated private scholarship program.

All the funds are listed on the Alberta Learning Services website (alis.alberta.ca). You can scroll through the lists or search by keyword.

Thomas says some funds or grants are from the government, others from post-secondary institutions, private industry and service organizations. Some are based on academic achievement, while others look at accomplishments in athletics, community service, leadership and specific areas of interest.

If you are studying the skilled trades, check out Tradesecrets.alberta.ca for 900 pots of free money — 500

are worth \$1,000 each — designed to assist students who want to apprentice or study occupational trades.

If you need to borrow money, visit Studentaid.alberta.ca. You can apply online for a loan and quickly find out if you are eligible. Last year, Alberta doled out \$748 million to 58,680 full-time students in federal and provincial loans and grants.

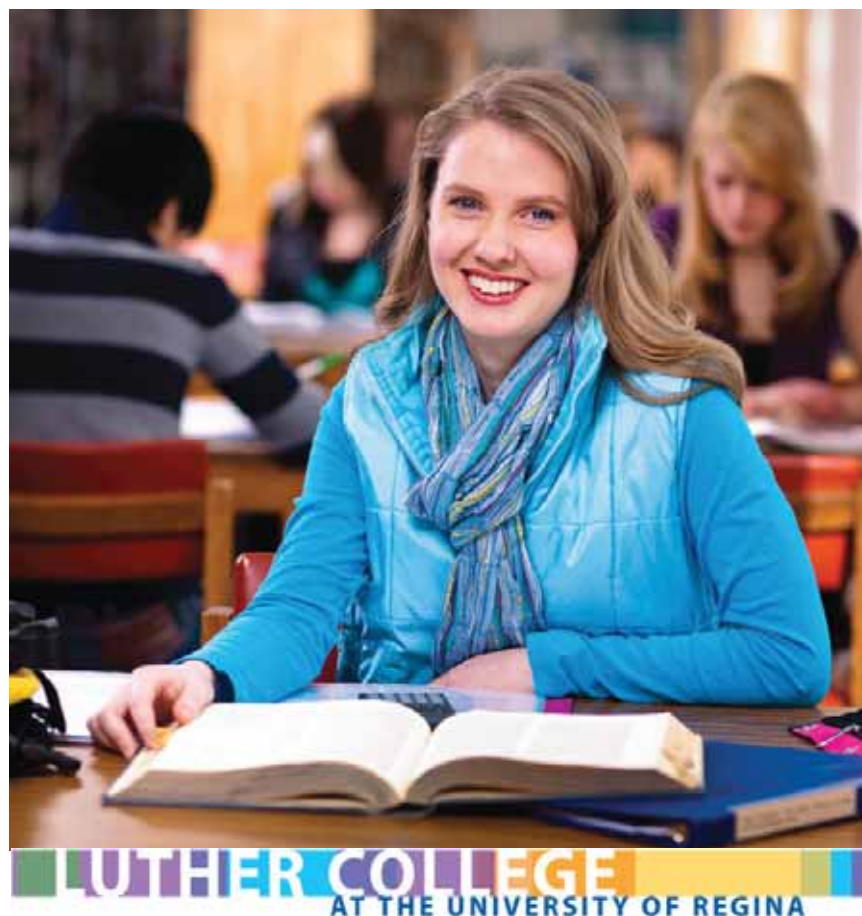
"When you apply to Student Aid Alberta, you're automatically assessed for the Canada Student Loans program as well," Thomas says.

Through its handy quick tips PDF, the site helps students work out how much money they will need to borrow. The current limit is \$6,650 per semester and that includes any Canada Student Loans money.

"It provides everything you need to know, looking at your expenses, what kind of resources you may have, and walks you through the process," Thomas says.

It also helps students think about paying it back. The repayment rules recently changed so students now get a six-month interest-free grace period after graduation and part-time students no longer have to make payments while they are still studying.

— Jon Tattrie



Luther – four ways you can benefit:

- **Enrol in Luther courses:** Arts, Fine Arts and Science courses are open to all U of R students
- **Register through Luther as a U of R student:** access academic services such as registration advising and scholarships
- **Live in the Luther Residence:** open to all post-secondary students
- **Participate in the Luther community:** activities for the entire University campus

Luther students are full U of R students who are admitted to the U of R, working on U of R degrees, eligible for all U of R services and scholarships, and are able to access all University facilities.

Luther welcomes students from all walks of life. Its diverse student community proudly includes students of many faiths, ethnicities, backgrounds and sexual orientations.

www.luthercollege.edu/university



AFILIATED
COLLEGE OF
University
of Regina

Reason number 308: I wouldn't let him ride the wiener dog

Reasons My Son is Crying. Humorous blog turned book has given self-deprecating parents everywhere a new outlook and some comic relief

ALISON
BOWEN

Metro World News in New York City

Greg Pembroke's son was having a meltdown in a museum. Over cheese. A piece of cheese, torn down the middle.

"My oldest son just started to wail in the middle of this museum," he remembers. "I'm like, well this is so over the top. That stuff happens all the time when you've got a kid."

The Rochester, N.Y., dad of

two snapped a pic of his son's tear-strewn face, posting it to Facebook in an album that became a blog that spawned a book.

The creator of the Reasons My Son is Crying Tumblr blog, which recently went viral, is now penning the book. Parents from all over the world flooded him with submissions of their bawling babies, from New Jersey kids tumbling out of a hammock to a Chinese baby upset with his Superman outfit.

"It's really funny to have accidentally found something that everybody can relate to," Pembroke says.

Posting pics can be a parenting coping mechanism, he adds.

"It's easy to get bogged down and feeling upset about all the times your kid's crying, because it makes you feel like

Savour this time

"I know right now that I'm going to miss this (phase) when they're out of it, and I think it's a reminder to me to just kind of laugh about the insanity."

Greg Pembroke, blog creator and author of *Reasons Why My Son is Crying*

a failure," he explains. "Parents are wired to think that if your kids aren't happy all the time, that you're failing. It doesn't mean you're a bad parent just because you have to carry your kid screaming out of Disney World on your shoulder, crying the whole way. Which I did in May."

The 33-year-old dad told us



Believe it or not, most parent will actually miss the unnecessary crying phase their toddler goes through. ISTOCK

about posting pictures as parenting therapy.

What was it like to have pictures of your kids go viral?

It was so crazy. After (it appeared on Reddit), it started to spread so quickly. ... It's a little weird because, it's easy to say this now, but we are pretty private. That week on the MSN homepage, there was a picture of LeBron James, Margaret Thatcher and my one-year-old. It was absolutely surreal to see. It's a little overwhelming initially, but the feedback was so overwhelm-

ingly positive. ... I think someone has visited my blog from every country in the world, except maybe North Korea. You can't win them all.

Why do you think this has struck such a chord?

In general, the people that get it are people that have normal, healthy toddlers; who have been around kids. This is a phase they go through. It's going to happen. ... Kids are going to cry. You can either pull your hair out, or you can say, "This is a little bit ridiculous."

How has this helped you in your own parenting?

It helps you see the humour side. This is a stage in childhood development. I know right now that I'm going to miss this when they're out of it, and I think it's a reminder to me to just kind of laugh about the insanity. It's not always going to be this way. When they get older, they're going to have problems that aren't always as easily laughed off, and I think then I'm going to be a bit nostalgic.

Are you over-insured? Read the fine print



YOUR
MONEY
Alison Griffiths
money@metronews.ca

Are you covered? By insurance I mean. Recent floods in Alberta and greater Toronto and, of course, the tragic train derailment in Lac-Mégantic

makes one wonder about protection from what life and nature throws at us.

It isn't exactly an exciting topic. As Woody Allen once said, "There are worse things in life than death. Have you ever spent an evening with an insurance salesman?"

Insurance policies are so utterly tedious with their

teeny tiny print and labyrinth-like wording. Consumers rarely read or understand them thoroughly. And even if you do, who is going to remember whether you have sewage back-up protection years after taking out an initial policy? Or for that matter, who notices if coverage has been amended over the years, which frequently happens?

The same is true of most manufacturer's warranties and extended coverage on purchases such as appliances. In fact, many people don't read the warranty before shelling out for (usually) unnecessary extended warranties.

I purchased a digital recorder this year and the salesman almost talked me into

additional "bumper to bumper" insurance.

I read the manufacturer's warranty first and discovered that virtually everything offered by the extended warranty was already covered by the manufacturer. Had I read the document after buying extended coverage I would have been seriously annoyed.

This brings me to my new Frigidaire washer and dryer. The previous set, from the same manufacturer, lasted 20 years. I didn't read the new warranty, as the old duo had been such workhorses.

Rust has just appeared on the washer. Turns out that just about every peril is covered, except for rust. In this case the extended warranty, which did cover rust, would have been a good idea.



Don't rely on an agent. Read your policy carefully to avoid being under or over-insured. ISTOCK IMAGES

When accidents, incidents or disasters occur there are always going to be surprises about the extent of insurance or warranties. Even more so these days as insurance pervades our lives, from credit card balance protection to automobile liability.

Avoid being under or over-

insured by taking the time to read each policy both at initial application and renewal. Don't rely on what a salesperson or agent tells you. So much depends on it.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



FREE TRIAL
CALL NOW!

Where Fun... Meets Adventure

403.974.5555
Toll Free 1.866.348.5282

\$20/20 mins 1-900-528-2543 Dial #CLIK (#25425) 79¢/min. Bell, Rogers, Fido | 99¢/min Virgin Mobile, Telus

LAVALIFEVOICE.COM 18+ *Restrictions may apply

We have options!

A **consumer proposal** can help you manage monthly payments, keep your assets and even **reduce your debt**.

We'll work with you to find a solution.

Contact us for a **free, no obligation consultation**:

310-8888 or visit **gt.alger.ca**



Grant Thornton

Formerly Alger & Associates
Trustee in Bankruptcy, © A Canadian Member
of Grant Thornton International Ltd.

**Don't go
Bankrupt.**

Welcome back to Russia

Kovalchuk signs with KHL team

Russian team SKA St. Petersburg says it has signed forward Ilya Kovalchuk to a four-year contract.

Last week, Kovalchuk walked away from \$77 million left on his 15-year contract with the New Jersey Devils.

SKA did not disclose the terms of the deal with Kovalchuk in its statement Monday.

Kovalchuk scored 417 goals and added 399 assists in 816 NHL games.

THE ASSOCIATED PRESS

No pity party here



"No one is going to feel sorry for you, the New Jersey Devils."

Devils head coach Pete DeBoer on Ilya Kovalchuk's decision to retire from the NHL and return to Russia.

Supplements seized

Italian police raid sprinters' rooms

Italian police raided the hotel where Jamaican sprinters Asafa Powell and Sherone Simpson and a Canadian trainer were staying Monday after the two athletes tested positive for banned stimulants.

Rooms of the athletes and physical trainer Christopher Xuereb were searched and drugs and muscle supplements were seized, Udine police captain Antonio Pisapia told The Associated Press.

THE ASSOCIATED PRESS

Kids conquer MLB's Midsummer Classic

They grow up so fast.

Harper, Machado and Trout headline baseball's all-star youth movement

Flip on any highlight show and you're almost sure to see them, with those peach-fuzz faces and boyish features beneath their big league caps.

Mike Trout makes a diving catch on the warning track.

Manny Machado whacks another double into the corner at Camden Yards.

Bryce Harper belts a tape-measure home run or barrels into a catcher ... or an outfield fence ... or whatever stands in his way.

The next generation of baseball stars are here and they're changing the complexion of the game.

"These guys are coming up now with incredible talent, these young players," National League manager Bruce Bochy said Monday at Citi Field, where the New York Mets are hosting the All-Star Game. "I think they are just getting better, faster, bigger, stronger still, and it's impressive to watch."

No kidding.

Trout and Harper, the Rook-

Changing of the guard

12

There are 12 all-stars this season 24 or younger, seven in the NL. That's the most since a dozen were selected in 1993, according to STATS — a group that included Ken Griffey Jr., Mike Piazza, Gary Sheffield, Mike Mussina and Juan Gonzalez.

ies of the Year last season, are making their second trip to the All-Star Game. This time, they will start Tuesday night after getting elected by fans.

Some of baseball's best players are among the youngest on the field. Night after night, they put up unprecedented numbers and turn in spectacular plays.

Trout said. "A lot of young guys are playing fearless and making a name for themselves at an early stage in their career."

Harper is 20, and Trout is all of 21. Barely old enough to vote, let alone buy a drink.

Machado has spent less

than a year in the majors, but that didn't stop him from earning his first all-star selection on his 21st birthday.

"In today's era, young dudes are getting better and more prepared to come up to the big leagues," said Orioles teammate Adam Jones, an all-star himself. "It's just an improvement in the game. These young dudes are phenoms, and he's put his name up there."

Machado was voted in by players, a significant sign of respect from his peers.

He certainly deserved it at the power-packed third-base position after hitting 39

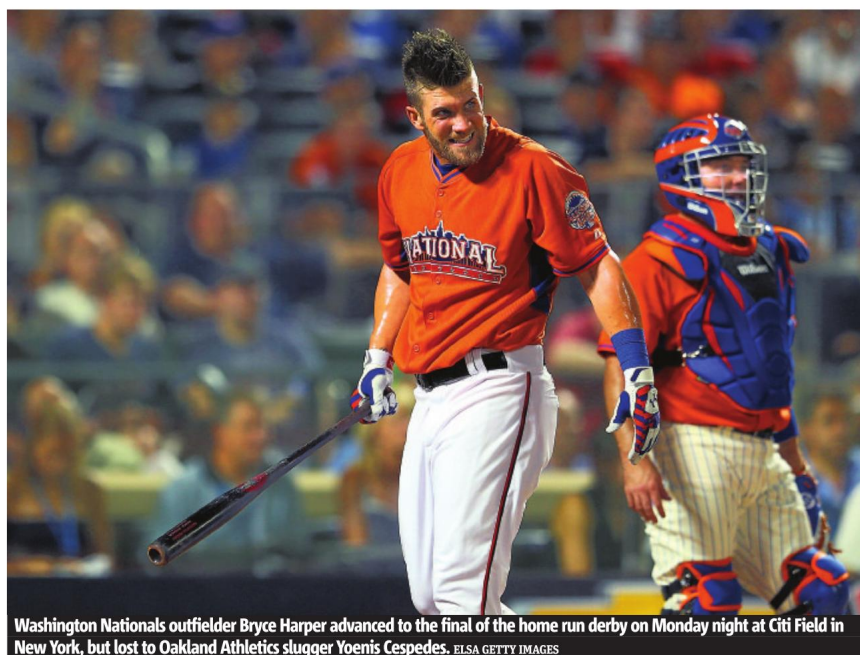
Swinging like an all-star

Yoenis Cespedes won baseball's Home Run Derby Monday night, becoming the first player left out of the All-Star Game to take home the crown.

- The Oakland Athletics slugger beat Bryce Harper 9-8 in the final round Monday night at Citi Field.

doubles in the first half, threatening the single-season record of 67 set by Earl Webb in 1931.

THE ASSOCIATED PRESS



Washington Nationals outfielder Bryce Harper advanced to the final of the home run derby on Monday night at Citi Field in New York, but lost to Oakland Athletics slugger Yoenis Cespedes. ELSA GETTY IMAGES

A large banner advertisement for Calgary Auto Financing. The banner features a woman on the right, a large green 'APPROVED' stamp, and various text elements promoting their services. The background is dark with a chalkboard-like texture. The text includes: 'CALGARYAUTOFINANCING.COM' repeated across the top and bottom; 'REBUILD YOUR CREDIT' in a yellow banner; 'WHY GO WITH ANYONE ELSE WHEN YOU CAN GET APPROVED FOR THE LARGEST SELECTION ACROSS CANADA!'; 'EASY APPROVALS & FAST APPLICATIONS'; 'BANKRUPTCY | DIVORCE | NO CREDIT | NEW CREDIT | NEW TO CANADA'; 'OVER 2100 VEHICLES TO CHOOSE FROM !!!'; 'APPROVED' in a large green stamp; 'THE OTHER GUYS' in a speech bubble; 'CMP' logo; 'GM' logo; '403-207-1041'; 'CALGARYAUTOFINANCING.COM'; 'AMVIC LICENSED'; 'BEST MANAGED COMPANIES'; and 'CANADA'S'.

Moore returns to NHL with wife in his heart

Back from hiatus.

Ontario native hopes to re-establish hockey career after his wife died from a rare form of liver cancer

When Dominic Moore took a year away from the NHL, he did so with little to no fanfare.

Moore's wife Katie was diagnosed with a rare form of liver cancer in April 2012 and died Jan. 7, 2013, at the age of 32. The lockout had just ended, and his mind wasn't on hockey.

There was no formal announcement, just the eventual realization that the free-agent centre wouldn't be playing.

"It was a very difficult decision to decide to take some time away from the game," he said in an interview last week.



Dominic Moore is returning to the NHL after he spent last season mourning the death of his wife Katie. THE ASSOCIATED PRESS FILE

"At the same time it was the right decision. I didn't want to do anything where I wasn't going to be able to give it my full attention or focus."

Fast-forward six months and Moore is ready to resume his career after signing a one-

year, \$1-million US deal with the New York Rangers. Moore hopes he can re-establish himself as an NHL regular and also use that stage to promote the Katie Moore Foundation and other charitable efforts.

"I think Dom is a 100 per-

cent. If he does something, he's 100 per cent committed. I don't think he would've been 100 per cent committed to playing hockey at that time," former Tampa Bay Lightning teammate and friend Marty St. Louis said in an interview Monday. "I'm so glad that he's back playing next year."

Moore is hosting the second Smashfest Charity Ping-Pong Challenge on July 25 in Toronto to raise money for the Katie Moore Foundation and some brain-injury and concussion-research groups. Martin St. Louis, Logan Couture, Joel Ward, George Parros and David Clarkson are among the current players set to take part.

"The support through the hockey world is great," Moore said. "Situations like this come up, you see how people come together to support each other, and I'm grateful for that." THE CANADIAN PRESS

Golf

Repeating as British Open champ a tall task for the Big Easy

Two dozen cameras were in position Monday morning to capture the first big moment of this British Open, only they weren't anywhere near the golf course. They waited in the driveway as a silver station wagon pulled through the gate and stopped in front of the clubhouse at Muirfield.

Ernie Els climbed out of the back seat holding the shiny claret jug he won last year at Royal Lytham & St. Annes, and he promptly handed it over to Royal & Ancient chief executive Peter Dawson.

"Thank you," Dawson told him. "You've been a great champion."

Now it's up to the 43-year-old South African to reclaim the silver prize, and that doesn't figure to be easy.

Els won last month in Germany. He won the last time the Open was played at Muirfield in 2002. He has more top 10s in the British Open than any other major.



Ernie Els

GETTY IMAGES

But he has this piece of history working against him — the last major champion in his 40s to successfully defend his title was Old Tom Morris, and that was 151 years ago.

The Big Easy is not a betting man, but he was asked to pick someone to wager a pound on at Muirfield.

"I'd have to look at the odds, wouldn't I?" he said, trying to buy time. "Maybe a long shot. I like to go for the long shots."

Prior to his triumph last year, Els was winless on a major tour in two years, failed to qualify for the Masters for the first time in nearly two decades and was No. 40 in the world.

THE ASSOCIATED PRESS

Distribution Assistant (part time)

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback.

PRIMARY RESPONSIBILITIES:

- Checking Vending boxes and Metro News delivery points
- Engage with our Metro dealers to provide the best delivery options
- Provide solutions and options for managing all our newspaper pick up points
- Processing collected field data

REQUIREMENTS OF THE POSITION:

- Organized, detail oriented, and computer savvy
- Familiar with the City of Calgary
- Presentable, confident and articulate
- Able to work flexible hours
- Valid Class 5 driver license and reliable vehicle is a must

Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than July 17, 2013. PLEASE QUOTE: "Distribution Assistant (Part Time) - Calgary" in the subject line. All submissions will be treated as confidential.

metro

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	58	39	.598	—
Tampa Bay	55	41	.573	2½
Baltimore	53	43	.552	4½
New York	51	44	.537	6
Toronto	45	49	.479	11½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	52	42	.553	—
Cleveland	51	44	.537	1½
Kansas City	43	49	.467	8
Minnesota	39	53	.424	12
Chicago	37	55	.402	14

WEST DIVISION

	W	L	Pct	GB
Oakland	56	39	.589	—
Texas	54	41	.568	2
Los Angeles	44	49	.473	11
Seattle	43	52	.453	13
Houston	33	61	.351	22½

Monday's result

No games scheduled — Home Run Derby

Tuesday's game — All Times Eastern

All-Star Game at New York (Mets), 8 p.m.

GOLF

MEN'S WORLD RANKINGS

1. Tiger Woods	12.37
2. Rory McIlroy	8.79
3. Justin Rose	7.82
4. Adam Scott	7.07
5. Phil Mickelson	6.68
6. Matt Kuchar	6.47
7. Graeme McDowell	6.12
8. Brandt Snedeker	5.93
9. Luke Donald	5.68
10. Steve Stricker	4.96
11. Louis Oosthuizen	4.96
12. Lee Westwood	4.70
13. Ernie Els	4.69
14. Charl Schwartzel	4.67
15. Sergio Garcia	4.67
16. Bubba Watson	4.45
17. Jason Day	4.42
18. Keegan Bradley	4.42
19. Webb Simpson	4.23
20. Ian Poulter	4.17
21. Jason Dufner	4.06
22. Bill Haas	4.01
23. Hunter Mahan	3.96
24. Dustin Johnson	3.88
25. Matteo Manassero	3.42
Also:	
65. Graham Delaet	2.14

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	54	41	.568	—
Washington	48	47	.505	6
Philadelphia	48	48	.500	6½
New York	41	50	.451	11
Miami	35	58	.376	18

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	57	36	.613	—
Pittsburgh	56	37	.602	1
Cincinnati	53	42	.558	5
Chicago	42	51	.452	15
Milwaukee	38	56	.404	19½

WEST DIVISION

	W	L	Pct	GB
Arizona	50	45	.526	—
Los Angeles	47	47	.500	2½
Colorado	46	50	.479	4½
San Francisco	43	51	.457	6½
San Diego	42	54	.438	8½

Monday's result

No games scheduled — Home Run Derby

Tuesday's game — All Times Eastern

All-Star Game at New York (Mets), 8 p.m.

TENNIS

ATP SINGLES RANKINGS

1. Novak Djokovic, Serbia, 12310
2. Andy Murray, Britain, 9360
3. David Ferrer, Spain, 7120
4. Rafael Nadal, Spain, 6860
5. Roger Federer, Switzerland, 5785
6. Tomas Berdych, Czech Republic, 4865
7. Juan Martin del Potro, Argentina, 4500
8. Jo-Wilfried Tsonga, France, 3480
9. Richard Gasquet, France, 3045
10. Stanislas Wawrinka, Switzerland, 2915
Also:
13. Milos Raonic, Canada, 2225
WTA SINGLES RANKINGS
1. Serena Williams, United States, 11650
2. Maria Sharapova, Russia, 9235
3. Victoria Azarenka, Belarus, 8825
4. Agnieszka Radwanska, Poland, 5965
5. Li Na, China, 5555
6. Sara Errani, Italy, 5100
7. Marion Bartoli, France, 4625
8. Petra Kvitova, Czech Republic, 4435
9. Angelique Kerber, Germany, 3970
10. Caroline Wozniacki, Denmark, 3660

CFL

WEEK 4

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	3	1	2	0	83	97	2
Montreal	3	1	2	0	63	74	2
Winnipeg	3	1	2	0	72	74	2
Hamilton	3	1	2	0	79	89	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	3	3	0	0	114	67	6
Calgary	3	2	1	0	87	82	4
B.C.	3	2	1	0	73	63	4
Edmonton	3	1	2	0	51	76	2

Friday's game — All Times Eastern

Toronto at Winnipeg, 8 p.m.

Saturday's games

Montreal at Calgary, 7 p.m.

Edmonton at B.C., 10 p.m.

Sunday's game

Hamilton at Saskatchewan, 7 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Kansas City	9	5	6	29	19	33
Montreal	9	5	4	31	29	31
New York	9	7	4	29	24	31
Philadelphia	8	6	6	32	30	30
Houston	8	6	5	22	19	29
New England	6	6	6	22	16	24
Columbus	6	8	5	23	23	23
Chicago	6	9	3	20	28	21
Toronto FC	2	9	7	17	27	13
D.C. United	2	13	4	8	29	10

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Real Salt Lake	11	5	4	32	18	37
Portland	8	2	9	30	18	33
Vancouver	9	5	5	32	26	32
FC Dallas	8	5	7	27	27	31
Los Angeles	9	8	3	30	24	30
Colorado	7	7	6	23	22	27
Seattle	7	7	3	21	20	24
San Jose	6	9	6	21	32	24
Chivas USA	3	11	5	17	35	14

Sunday's result

Vancouver 3 Chicago 1

Wednesday's games — All Times Eastern

New England at Colorado, 7 p.m.

Toronto FC at Chivas USA, 10:30 p.m.

Saturday's games

New York at Toronto FC, 4 p.m.

Colorado at Seattle, 4 p.m.

FC Dallas at Montreal, 7 p.m.

Portland at Philadelphia, 7:30 p.m.

New England at Columbus, 7:30 p.m.

D.C. at Chicago, 8:30 p.m.

Kansas City at Real Salt Lake, 10 p.m.

Vancouver at Los Angeles, 10:30 p.m.

Horoscopes

♈ Aries

March 21 - April 20

It's time to heal a rift with family members and get things back to how they used to be. The Sun in Cancer will make it easy for you to remind everyone that you are on the same side.

♉ Taurus

April 21 - May 21

By all means, speak your mind today but make sure what you say is backed up by the facts. If you play fast and loose with the truth now, you could regret it next weekend when Mercury turns direct again.

♊ Gemini

May 22 - June 21

You will be making some pretty big decisions over the next few days, so make sure you look confident even if you don't feel it inside. Others will take their cue from you.

♋ Cancer

June 22 - July 23

This is a time for action. Outstanding cosmic activity in your birth sign means you are ready to take on the world. The only thing that might hold you back is if you don't believe it.

♌ Leo

July 24 - Aug. 23

You seem to be looking over your shoulder a lot at the moment, but why? Be careful by all means today but don't let your fears get out of hand. Chances are there's no one out to do you harm.

♍ Virgo

Aug. 24 - Sept. 23

If you are involved in some kind of cause, others will rally round your flag. And if you're not, perhaps you should consider getting involved. Make the world a better place.

♎ Libra

Sept. 24 - Oct. 23

Don't worry that you don't have the expertise to do a particular job. Once you have started, you will quickly learn what needs to be done. Other people know what you are capable of, but do you?

♏ Scorpio

Oct. 24 - Nov. 22

If you would like to get away, if you would like to leave the daily grind behind you and go some place where the fun never stops, now is the time to pack your bags.

♐ Sagittarius

Nov. 23 - Dec. 21

Cosmic activity in the wealth area of your chart means you have no choice but to make changes that will affect how much you earn in the future. You should have started earlier, but better late than never.

♑ Capricorn

Dec. 22 - Jan. 20

The Sun in Cancer at this time of year means loved ones have a huge influence on how you think and feel. But just because they get emotional does not mean you have to get emotional too.

♒ Aquarius

Jan. 21 - Feb. 19

Plan what you have to do with as much care as possible. If you can do that then you will sail through the challenges of the next seven days. The big picture is important, but so are details.

♓ Pisces

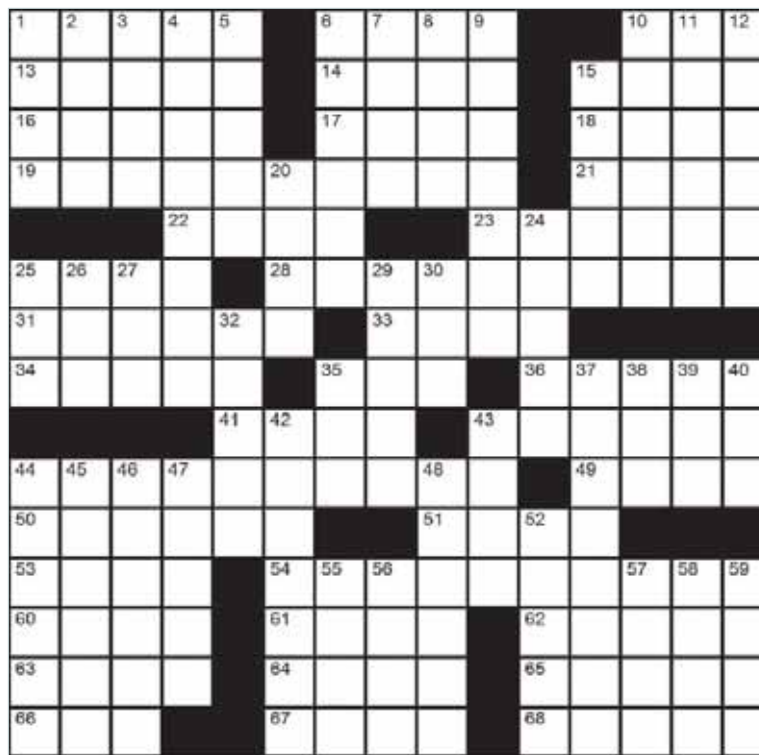
Feb. 20 - March 20

You can let the world in on the secret plans you've been making. Some will be happy, other will be dismayed but what matters is you're making things happen. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Ex-Pres. Bill Clinton's nickname
- Entr'___ (Theatrical interlude)
- Looney Tunes 'Devil', cutely
- "It's ___ to you now."
- Mr. Griffin
- London, England's ___ Park
- Summery drink
- Eurythmics' "Would ___ to You?"
- Take down ___ (Humble): 2 wds.
- Prime Minister's country retreat, ___ Lake
- 'T' in TV
- Prefix with 'logical'
- Neet user's temporary result: 2 wds.
- Thunderstruck
- Navigation instruments of yore
- Profession
- Bob Hope book, ___ Russia \$1200
- Gawk
- Fitting
- Pacific ___
- Party inviter's request [acronym]
- Neat ___ (Tidy)
- Blake Lively TV series: 2 wds.
- Marcel Marceau's job title
- "The Talented Mr. ___" (1999)
- Each: 2 wds.



- Mixed collection
- Children's book by Mordecai Richler, Jacob Two-Two Meets the ___
- Hue
- Mythical Hun king
- Ms. Carter of "Designing Women"

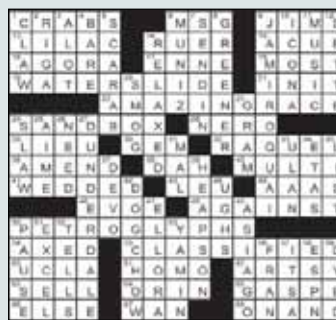
- Pegs on the green
- Warren Beatty/Diane Keaton movie
- Mr. Estrada's
- Alternatives
- Dine-and-___
- Machine button, perhaps
- Down

- Shindig
- Uma Thurman's character in "The Producers" (2005)
- Brit-pop group
- Certain commuter; or, The Guess Who song: 2 wds.
- Greenfly, for one

- Martin Short comedy, "Three ___!" (1986)
- Gael, for one
- Bee Gees, for one
- Barry Manilow hit: 2 wds.
- Rare blood, ___
- Antarctica

- penguin
- Canadian actor Kevin who played Damian Daalgard on #44-Across
- Type of yoga
- At hand
- Margarines
- House temp. coolers
- Temple in Cambodia, Angkor ___
- Time
- Ms. Hedren, Melanie Griffith's actress mom
- Decompose
- Uncanny
- Dow Jones Ind. ___
- Ghost stories telling spot
- Prefix to 'centre'
- Purpose
- Opposite SSW
- 1996 Leslie Nielsen comedy: 2 wds.
- Mont Blanc, par exemple
- Cave
- More greasy
- Backs
- Casino games
- Salad ingredient
- Stranger
- Cup ___ (Hot drink, informally)
- Alberta town
- Foe of the Allies in World War II
- Adidas competition
- Liza Minnelli's ex-husband David

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 19°
MIN: 8°



MAX: 21°
MIN: 10°



MAX: 25°
MIN: 16°



ANDREW SCHULTZ
METEOROLOGIST

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."
WEEKDAYS 5:30 AM



Visit metronews.ca

metro

0%0%0%!

EVERYBODY
HATES
INTEREST
EVENT!

2013 GMC

TERRAIN

from:

\$85 /WK!
msrp: \$30,345
#SG292511



**MASSIVE
SAVINGS!**

2013 CHEVROLET

CRUZE LT

from:

\$64 /WK!
msrp: \$22,535
#SG297486



\$99 /WK!
msrp: \$47,715
#130497

2013 GMC

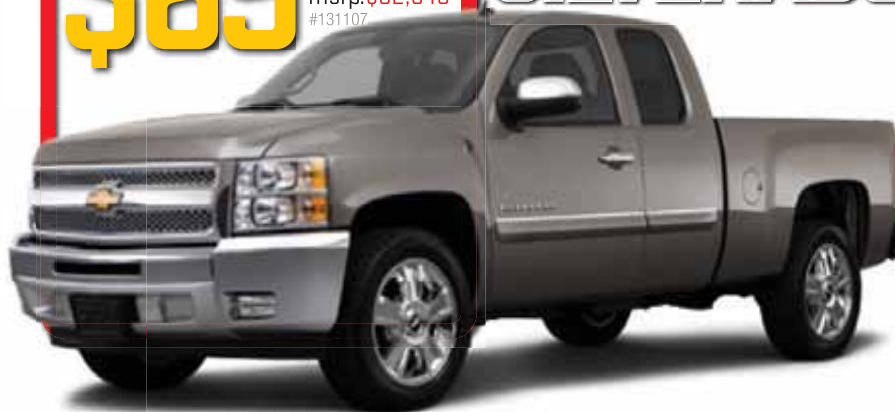
SIERRA



\$69 /WK!
msrp: \$32,640
#131107

2013 CHEVROLET

SILVERADO



SHAW
GMC CHEVROLET BUICK

403-930-1654
SHAWGMC.COM

**CREDIT
CALGARY**
Bad credit? No credit?

**100%
APPROVAL
RATING**

CREDITCALGARY.COM 403-287-5974

4620 Blackfoot Trail SE
CALGARY, AB T2G 4G2

CANADA'S BEST
MANAGED
COMPANIES

AMVIC
LICENSED

BBB
ACCREDITED
BUSINESS

ilikeshaw.com



*\$2899 IS CASH PURCHASE PRICE. FINANCING IS \$289 MORE — 0.99% 60MONTHS DAC. MUST CURRENTLY OWN A TRUCK TO QUALIFY FOR \$1000 TRUCK BUCKS. GMC TERRAIN AND CHEV CRUZE 60MONTHS, 0% DAC. EXPIRES JULY 31, 2013. TAXES (GST, \$20 TIRE & \$100 A/C) AND FEES (\$440 ADMINISTRATION, \$149.95 WHEELS LOCKS AND NITROGEN & \$6.25 AMVIC) NOT INCLUDED. ERRORS AND OMISSIONS EXEMPT. VEHICLES MAY NOT BE EXACTLY AS SHOWN.

Kaizen
AUTOMOTIVE GROUP

PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM